

Atlantic Highlands, NJ - Oct 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	7:39	5.4	7:50	5.4	1:34	0.3	1:52	0.3	6:52	6:39	
2	Mon	8:15	5.6	8:26	5.4	2:14	0.2	2:36	0.2	6:53	6:37	
3	Tue	8:51	5.7	9:04	5.3	2:53	0.1	3:19	0.1	6:54	6:35	
4	Wed	9:28	5.8	9:44	5.2	3:31	0.2	4:01	0.1	6:55	6:34	
5	Thu	10:10	5.7	10:31	5.0	4:09	0.2	4:44	0.2	6:56	6:32	
6	Fri	10:59	5.7	11:26	4.8	4:49	0.3	5:31	0.3	6:57	6:31	
7	Sat	11:56	5.6			5:34	0.5	6:25	0.5	6:58	6:29	
8	Sun	12:28	4.7	12:58	5.5	6:30	0.7	7:31	0.6	6:59	6:27	
9	Mon	1:32	4.7	2:00	5.5	7:42	0.8	8:41	0.6	7:00	6:26	
10	Tue	2:35	4.8	3:03	5.5	8:59	0.8	9:47	0.4	7:01	6:24	
11	Wed	3:39	5.0	4:07	5.5	10:08	0.6	10:46	0.2	7:02	6:23	
12	Thu	4:44	5.2	5:11	5.6	11:10	0.3	11:39	-0.1	7:03	6:21	
13	Fri	5:44	5.6	6:08	5.8			12:05	0.0	7:04	6:20	
14	Sat	6:38	5.9	7:00	5.9	12:29	-0.3	12:58	-0.1	7:05	6:18	
15	Sun	7:25	6.1	7:47	5.9	1:16	-0.4	1:48	-0.3	7:06	6:17	
16	Mon	8:10	6.2	8:33	5.7	2:03	-0.4	2:37	-0.3	7:07	6:15	
17	Tue	8:54	6.1	9:18	5.5	2:48	-0.3	3:24	-0.2	7:09	6:14	
18	Wed	9:37	5.9	10:04	5.2	3:31	-0.1	4:08	0.0	7:10	6:12	
19	Thu	10:21	5.6	10:52	4.9	4:11	0.2	4:50	0.2	7:11	6:11	
20	Fri	11:06	5.3	11:43	4.6	4:50	0.5	5:33	0.5	7:12	6:09	
21	Sat	11:55	5.0			5:30	0.8	6:19	0.8	7:13	6:08	
22	Sun	12:36	4.4	12:46	4.8	6:15	1.1	7:12	1.1	7:14	6:06	
23	Mon	1:28	4.3	1:36	4.6	7:09	1.4	8:12	1.2	7:15	6:05	
24	Tue	2:19	4.2	2:26	4.5	8:14	1.5	9:11	1.2	7:16	6:04	
25	Wed	3:10	4.3	3:17	4.5	9:19	1.4	10:04	1.0	7:17	6:02	
26	Thu	4:03	4.4	4:12	4.6	10:16	1.2	10:51	0.8	7:18	6:01	
27	Fri	4:55	4.7	5:06	4.7	11:07	1.0	11:35	0.6	7:20	5:59	
28	Sat	5:44	5.0	5:55	4.9	11:55	0.7			7:21	5:58	
29	Sun	5:27	5.3	5:39	5.0	12:16	0.4	11:57	0.2	6:22	4:57	
30	Mon	6:06	5.6	6:21	5.2			12:26	0.1	6:23	4:56	
31	Tue	6:45	5.8	7:01	5.2	12:39	0.0	1:12	-0.1	6:24	4:54	