

Atlantic Highlands, NJ - Nov 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	7:24	6.0	7:43	5.2	1:21	0.0	1:58	-0.2	6:25	4:53	☀
2	Thu	8:05	6.1	8:29	5.1	2:05	-0.1	2:45	-0.3	6:26	4:52	☀
3	Fri	8:51	6.0	9:20	5.0	2:49	0.0	3:31	-0.2	6:28	4:51	☀
4	Sat	9:44	5.9	10:18	4.9	3:35	0.1	4:20	-0.1	6:29	4:50	☀
5	Sun	10:43	5.7	11:21	4.8	4:24	0.2	5:14	0.1	6:30	4:49	☀
6	Mon	11:45	5.5			5:23	0.5	6:15	0.2	6:31	4:47	☀
7	Tue	12:24	4.8	12:47	5.4	6:33	0.6	7:22	0.2	6:32	4:46	☀
8	Wed	1:25	4.9	1:47	5.3	7:47	0.7	8:26	0.2	6:33	4:45	☀
9	Thu	2:25	5.0	2:48	5.2	8:56	0.5	9:24	0.0	6:35	4:44	☀
10	Fri	3:27	5.2	3:50	5.2	9:56	0.3	10:16	-0.2	6:36	4:43	☀
11	Sat	4:25	5.5	4:48	5.2	10:51	0.1	11:05	-0.3	6:37	4:42	☀
12	Sun	5:18	5.7	5:40	5.3	11:41	-0.1	11:51	-0.3	6:38	4:41	☀
13	Mon	6:05	5.9	6:27	5.3			12:30	-0.2	6:39	4:41	☀
14	Tue	6:48	5.9	7:11	5.2	12:36	-0.3	1:17	-0.2	6:40	4:40	☀
15	Wed	7:29	5.8	7:55	5.0	1:20	-0.2	2:02	-0.2	6:42	4:39	☀
16	Thu	8:09	5.7	8:38	4.8	2:02	0.0	2:45	-0.1	6:43	4:38	☀
17	Fri	8:49	5.4	9:24	4.6	2:42	0.2	3:25	0.1	6:44	4:37	☀
18	Sat	9:31	5.1	10:11	4.4	3:21	0.4	4:05	0.3	6:45	4:37	☀
19	Sun	10:15	4.9	11:02	4.2	3:59	0.7	4:45	0.5	6:46	4:36	☀
20	Mon	11:02	4.6	11:53	4.1	4:39	0.9	5:29	0.7	6:47	4:35	☀
21	Tue	11:51	4.4			5:26	1.1	6:20	0.9	6:49	4:35	☀
22	Wed	12:42	4.1	12:40	4.3	6:24	1.3	7:17	0.9	6:50	4:34	☀
23	Thu	1:29	4.2	1:28	4.2	7:32	1.3	8:13	0.8	6:51	4:33	☀
24	Fri	2:17	4.3	2:19	4.2	8:35	1.2	9:04	0.7	6:52	4:33	☀
25	Sat	3:08	4.5	3:15	4.3	9:31	0.9	9:51	0.4	6:53	4:32	☀
26	Sun	3:59	4.8	4:12	4.4	10:23	0.5	10:37	0.2	6:54	4:32	☀
27	Mon	4:48	5.1	5:04	4.6	11:12	0.2	11:21	0.0	6:55	4:31	☀
28	Tue	5:34	5.5	5:53	4.8			12:00	-0.1	6:56	4:31	☀
29	Wed	6:18	5.8	6:39	5.0	12:07	-0.2	12:50	-0.4	6:57	4:31	☀
30	Thu	7:02	6.1	7:26	5.0	12:55	-0.4	1:39	-0.6	6:58	4:30	☀