

Atlantic Highlands, NJ - Dec 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	7:48	6.1	8:16	5.0	1:44	-0.5	2:29	-0.7	6:59	4:30	
2	Sat	8:38	6.1	9:09	5.0	2:34	-0.5	3:17	-0.8	7:00	4:30	
3	Sun	9:32	5.9	10:08	4.9	3:24	-0.4	4:07	-0.7	7:01	4:30	
4	Mon	10:30	5.7	11:09	4.8	4:16	-0.2	4:58	-0.5	7:02	4:29	
5	Tue	11:31	5.4			5:13	0.0	5:56	-0.3	7:03	4:29	
6	Wed	12:11	4.9	12:30	5.2	6:19	0.3	6:57	-0.2	7:04	4:29	
7	Thu	1:09	4.9	1:28	4.9	7:30	0.4	7:59	-0.1	7:05	4:29	
8	Fri	2:06	4.9	2:26	4.7	8:38	0.3	8:58	-0.2	7:06	4:29	
9	Sat	3:04	5.0	3:26	4.6	9:39	0.2	9:51	-0.2	7:07	4:29	
10	Sun	4:02	5.1	4:25	4.6	10:33	0.0	10:40	-0.2	7:08	4:29	
11	Mon	4:56	5.3	5:18	4.6	11:24	-0.1	11:26	-0.2	7:09	4:29	
12	Tue	5:43	5.4	6:06	4.6			12:11	-0.2	7:09	4:29	
13	Wed	6:26	5.4	6:50	4.6	12:10	-0.2	12:57	-0.3	7:10	4:30	
14	Thu	7:06	5.4	7:33	4.6	12:54	-0.1	1:40	-0.3	7:11	4:30	
15	Fri	7:45	5.3	8:15	4.5	1:36	-0.1	2:22	-0.3	7:12	4:30	
16	Sat	8:23	5.1	8:57	4.3	2:17	0.0	3:01	-0.2	7:12	4:30	
17	Sun	9:01	4.9	9:41	4.2	2:56	0.2	3:38	-0.1	7:13	4:31	
18	Mon	9:40	4.7	10:26	4.1	3:34	0.3	4:14	0.1	7:13	4:31	
19	Tue	10:21	4.5	11:13	4.0	4:11	0.5	4:51	0.3	7:14	4:31	
20	Wed	11:04	4.3	11:59	4.0	4:51	0.7	5:31	0.4	7:15	4:32	
21	Thu	11:50	4.1			5:38	0.9	6:17	0.5	7:15	4:32	
22	Fri	12:44	4.0	12:38	4.0	6:38	1.0	7:12	0.5	7:16	4:33	
23	Sat	1:29	4.1	1:28	4.0	7:46	0.9	8:10	0.5	7:16	4:33	
24	Sun	2:17	4.3	2:24	3.9	8:51	0.7	9:05	0.3	7:17	4:34	
25	Mon	3:12	4.6	3:27	4.0	9:49	0.4	9:58	0.1	7:17	4:34	
26	Tue	4:09	4.9	4:30	4.2	10:44	0.0	10:49	-0.2	7:17	4:35	
27	Wed	5:03	5.3	5:27	4.5	11:36	-0.4	11:41	-0.5	7:18	4:36	
28	Thu	5:54	5.7	6:19	4.7			12:28	-0.7	7:18	4:36	
29	Fri	6:44	6.0	7:10	4.9	12:33	-0.7	1:21	-1.0	7:18	4:37	
30	Sat	7:34	6.1	8:02	5.0	1:27	-0.9	2:12	-1.2	7:18	4:38	
31	Sun	8:25	6.0	8:57	5.0	2:20	-0.9	3:01	-1.3	7:19	4:39	