

Atlantic Highlands, NJ - Jan 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	9:20	5.9	9:54	5.0	3:12	-0.9	3:51	-1.2	7:19	4:40	
2	Tue	10:16	5.6	10:53	4.9	4:04	-0.7	4:41	-1.0	7:19	4:40	
3	Wed	11:14	5.3	11:52	4.9	4:59	-0.4	5:34	-0.8	7:19	4:41	
4	Thu			12:11	5.0	6:00	-0.1	6:31	-0.5	7:19	4:42	
5	Fri	12:48	4.8	1:07	4.6	7:07	0.1	7:31	-0.3	7:19	4:43	
6	Sat	1:43	4.7	2:02	4.4	8:15	0.2	8:30	-0.2	7:19	4:44	
7	Sun	2:38	4.7	3:00	4.1	9:17	0.2	9:25	-0.1	7:19	4:45	
8	Mon	3:36	4.7	4:00	4.0	10:13	0.1	10:15	-0.1	7:19	4:46	
9	Tue	4:32	4.7	4:56	4.1	11:03	0.0	11:02	-0.1	7:19	4:47	
10	Wed	5:21	4.8	5:46	4.1	11:50	-0.2	11:47	-0.1	7:18	4:48	
11	Thu	6:05	4.9	6:30	4.2			12:35	-0.3	7:18	4:49	
12	Fri	6:46	5.0	7:12	4.3	12:30	-0.2	1:18	-0.3	7:18	4:50	
13	Sat	7:24	5.0	7:53	4.3	1:13	-0.2	1:59	-0.4	7:18	4:51	
14	Sun	8:01	4.9	8:33	4.2	1:55	-0.1	2:37	-0.4	7:17	4:52	
15	Mon	8:37	4.8	9:12	4.1	2:34	-0.1	3:13	-0.3	7:17	4:53	
16	Tue	9:12	4.6	9:52	4.0	3:12	0.0	3:47	-0.2	7:16	4:54	
17	Wed	9:48	4.4	10:33	4.0	3:48	0.2	4:19	-0.1	7:16	4:55	
18	Thu	10:25	4.2	11:15	4.0	4:24	0.3	4:52	0.1	7:16	4:57	
19	Fri	11:07	4.0	11:58	4.0	5:03	0.5	5:29	0.2	7:15	4:58	
20	Sat	11:56	3.9			5:53	0.6	6:15	0.3	7:14	4:59	
21	Sun	12:44	4.1	12:48	3.8	7:00	0.6	7:16	0.3	7:14	5:00	
22	Mon	1:34	4.3	1:46	3.8	8:13	0.5	8:23	0.2	7:13	5:01	
23	Tue	2:31	4.5	2:52	3.8	9:19	0.3	9:26	0.0	7:13	5:02	
24	Wed	3:35	4.8	4:02	4.0	10:19	-0.1	10:25	-0.3	7:12	5:04	
25	Thu	4:39	5.1	5:07	4.3	11:15	-0.5	11:22	-0.6	7:11	5:05	
26	Fri	5:36	5.5	6:03	4.6			12:09	-0.9	7:10	5:06	
27	Sat	6:29	5.8	6:56	5.0	12:17	-0.9	1:02	-1.2	7:10	5:07	
28	Sun	7:20	6.0	7:48	5.2	1:13	-1.1	1:54	-1.4	7:09	5:08	
29	Mon	8:11	6.0	8:41	5.2	2:07	-1.3	2:43	-1.6	7:08	5:10	
30	Tue	9:03	5.8	9:34	5.2	2:59	-1.2	3:31	-1.5	7:07	5:11	
31	Wed	9:57	5.5	10:30	5.1	3:49	-1.1	4:18	-1.3	7:06	5:12	