

Atlantic Highlands, NJ - Mar 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	9:35	5.4	10:02	5.3	3:32	-1.1	3:52	-1.2	6:30	5:46	
2	Fri	10:28	5.1	10:55	5.1	4:20	-0.8	4:37	-0.8	6:28	5:48	
3	Sat	11:22	4.7	11:48	4.8	5:11	-0.4	5:24	-0.3	6:27	5:49	
4	Sun			12:15	4.3	6:07	0.0	6:17	0.1	6:25	5:50	
5	Mon	12:40	4.6	1:09	4.0	7:10	0.4	7:17	0.4	6:24	5:51	
6	Tue	1:32	4.3	2:03	3.8	8:14	0.5	8:18	0.6	6:22	5:52	
7	Wed	2:26	4.2	3:00	3.8	9:14	0.5	9:17	0.6	6:20	5:53	
8	Thu	3:25	4.2	4:00	3.8	10:07	0.4	10:09	0.5	6:19	5:54	
9	Fri	4:23	4.2	4:54	4.0	10:54	0.3	10:57	0.3	6:17	5:55	
10	Sat	5:13	4.4	5:41	4.3	11:37	0.1	11:42	0.1	6:16	5:56	
11	Sun	5:57	4.6	6:23	4.5			12:18	-0.1	6:14	5:57	
12	Mon	6:36	4.7	7:01	4.7	12:26	0.0	12:58	-0.2	6:12	5:59	
13	Tue	7:13	4.8	7:37	4.8	1:09	-0.2	1:37	-0.3	6:11	6:00	
14	Wed	7:47	4.8	8:11	4.8	1:50	-0.2	2:13	-0.3	6:09	6:01	
15	Thu	8:21	4.7	8:44	4.8	2:29	-0.3	2:47	-0.2	6:08	6:02	
16	Fri	8:54	4.6	9:18	4.8	3:06	-0.2	3:19	-0.1	6:06	6:03	
17	Sat	9:31	4.4	9:55	4.8	3:43	-0.1	3:51	0.0	6:04	6:04	
18	Sun	10:13	4.3	10:41	4.8	4:21	0.0	4:25	0.1	6:03	6:05	
19	Mon	11:05	4.2	11:35	4.8	5:05	0.2	5:06	0.3	6:01	6:06	
20	Tue			12:04	4.1	6:03	0.3	6:05	0.4	5:59	6:07	
21	Wed	12:34	4.8	1:06	4.1	7:15	0.4	7:25	0.5	5:58	6:08	
22	Thu	1:37	4.8	2:12	4.2	8:28	0.3	8:43	0.3	5:56	6:09	
23	Fri	2:45	4.9	3:22	4.4	9:33	0.0	9:51	0.0	5:55	6:10	
24	Sat	3:54	5.1	4:29	4.8	10:31	-0.4	10:51	-0.4	5:53	6:11	
25	Sun	4:58	5.4	5:28	5.2	11:25	-0.7	11:48	-0.7	5:51	6:12	
26	Mon	5:54	5.6	6:21	5.6			12:16	-0.9	5:50	6:13	
27	Tue	6:45	5.8	7:10	5.8	12:42	-0.9	1:06	-1.1	5:48	6:14	
28	Wed	7:34	5.8	7:58	5.9	1:35	-1.0	1:55	-1.1	5:46	6:15	
29	Thu	8:23	5.6	8:45	5.8	2:25	-1.0	2:40	-1.0	5:45	6:16	
30	Fri	9:12	5.3	9:33	5.6	3:13	-0.9	3:24	-0.7	5:43	6:17	
31	Sat	10:03	5.0	10:23	5.3	3:59	-0.6	4:07	-0.3	5:41	6:18	