

Atlantic Highlands, NJ - Jul 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	12:44	4.5	1:35	4.5	7:04	0.8	7:26	1.4	5:29	8:30	
2	Mon	1:28	4.4	2:18	4.6	7:54	0.9	8:29	1.4	5:29	8:30	
3	Tue	2:14	4.3	3:02	4.7	8:47	0.9	9:31	1.2	5:30	8:30	
4	Wed	3:04	4.3	3:51	4.9	9:41	0.8	10:29	1.0	5:30	8:29	
5	Thu	4:02	4.3	4:45	5.2	10:34	0.7	11:23	0.7	5:31	8:29	
6	Fri	5:05	4.4	5:39	5.5	11:24	0.5			5:32	8:29	
7	Sat	6:04	4.6	6:31	5.9	12:15	0.3	12:15	0.3	5:32	8:29	
8	Sun	6:57	4.8	7:20	6.2	1:06	0.0	1:07	0.1	5:33	8:28	
9	Mon	7:48	5.1	8:09	6.4	1:58	-0.3	2:01	-0.1	5:34	8:28	
10	Tue	8:39	5.3	8:59	6.4	2:49	-0.5	2:55	-0.2	5:34	8:28	
11	Wed	9:31	5.4	9:51	6.3	3:39	-0.7	3:47	-0.3	5:35	8:27	
12	Thu	10:27	5.5	10:46	6.1	4:27	-0.8	4:39	-0.2	5:36	8:27	
13	Fri	11:24	5.5	11:43	5.9	5:15	-0.7	5:32	0.0	5:36	8:26	
14	Sat			12:23	5.5	6:05	-0.5	6:30	0.2	5:37	8:26	
15	Sun	12:41	5.6	1:19	5.5	6:58	-0.3	7:35	0.5	5:38	8:25	
16	Mon	1:37	5.3	2:14	5.5	7:56	0.0	8:42	0.6	5:39	8:25	
17	Tue	2:32	5.0	3:08	5.4	8:56	0.2	9:47	0.6	5:39	8:24	
18	Wed	3:29	4.8	4:04	5.4	9:53	0.3	10:46	0.6	5:40	8:23	
19	Thu	4:29	4.6	5:02	5.4	10:47	0.4	11:39	0.5	5:41	8:23	
20	Fri	5:29	4.6	5:56	5.5	11:37	0.4			5:42	8:22	
21	Sat	6:23	4.6	6:44	5.5	12:29	0.4	12:25	0.4	5:43	8:21	
22	Sun	7:11	4.7	7:27	5.6	1:16	0.3	1:11	0.4	5:44	8:20	
23	Mon	7:56	4.8	8:08	5.6	2:00	0.2	1:56	0.5	5:44	8:20	
24	Tue	8:38	4.8	8:47	5.5	2:43	0.2	2:40	0.5	5:45	8:19	
25	Wed	9:20	4.8	9:25	5.4	3:23	0.2	3:22	0.5	5:46	8:18	
26	Thu	10:01	4.8	10:02	5.2	4:00	0.2	4:01	0.6	5:47	8:17	
27	Fri	10:43	4.7	10:40	5.0	4:35	0.3	4:39	0.8	5:48	8:16	
28	Sat	11:25	4.7	11:18	4.8	5:09	0.4	5:16	0.9	5:49	8:15	
29	Sun			12:07	4.6	5:42	0.6	5:56	1.1	5:50	8:14	
30	Mon			12:49	4.7	6:16	0.7	6:42	1.2	5:51	8:13	
31	Tue	12:44	4.4	1:31	4.7	6:57	0.9	7:41	1.3	5:52	8:12	