

Atlantic Highlands, NJ - Aug 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	1:32	4.3	2:16	4.9	7:49	0.9	8:48	1.2	5:53	8:11	
2	Thu	2:24	4.3	3:06	5.0	8:52	0.9	9:54	1.0	5:54	8:10	
3	Fri	3:23	4.3	4:04	5.3	9:55	0.8	10:53	0.7	5:54	8:09	
4	Sat	4:30	4.4	5:07	5.6	10:55	0.6	11:48	0.3	5:55	8:08	
5	Sun	5:36	4.7	6:06	5.9	11:51	0.3			5:56	8:07	
6	Mon	6:35	5.0	7:00	6.3	12:42	0.0	12:47	0.0	5:57	8:06	
7	Tue	7:28	5.4	7:51	6.5	1:34	-0.4	1:43	-0.2	5:58	8:04	
8	Wed	8:20	5.6	8:42	6.5	2:26	-0.6	2:39	-0.4	5:59	8:03	
9	Thu	9:13	5.8	9:34	6.4	3:16	-0.8	3:32	-0.5	6:00	8:02	
10	Fri	10:06	5.9	10:28	6.2	4:05	-0.9	4:24	-0.4	6:01	8:01	
11	Sat	11:02	5.9	11:23	5.9	4:52	-0.8	5:16	-0.2	6:02	8:00	
12	Sun	11:58	5.8			5:40	-0.5	6:11	0.1	6:03	7:58	
13	Mon	12:20	5.5	12:55	5.7	6:31	-0.2	7:12	0.4	6:04	7:57	
14	Tue	1:17	5.2	1:49	5.5	7:27	0.2	8:18	0.7	6:05	7:56	
15	Wed	2:12	4.9	2:43	5.4	8:27	0.5	9:23	0.8	6:06	7:54	
16	Thu	3:08	4.7	3:38	5.2	9:27	0.7	10:23	0.8	6:07	7:53	
17	Fri	4:06	4.5	4:35	5.2	10:23	0.7	11:17	0.7	6:08	7:51	
18	Sat	5:06	4.5	5:31	5.2	11:15	0.7			6:09	7:50	
19	Sun	6:01	4.6	6:21	5.3	12:05	0.6	12:03	0.7	6:10	7:49	
20	Mon	6:49	4.8	7:04	5.4	12:50	0.5	12:48	0.6	6:11	7:47	
21	Tue	7:32	4.9	7:44	5.5	1:32	0.4	1:32	0.5	6:12	7:46	
22	Wed	8:12	5.0	8:22	5.4	2:13	0.3	2:15	0.5	6:13	7:44	
23	Thu	8:51	5.1	8:58	5.4	2:52	0.2	2:57	0.5	6:14	7:43	
24	Fri	9:28	5.1	9:32	5.2	3:29	0.3	3:37	0.5	6:15	7:41	
25	Sat	10:05	5.0	10:06	5.0	4:03	0.3	4:14	0.6	6:16	7:40	
26	Sun	10:42	4.9	10:41	4.8	4:35	0.4	4:50	0.8	6:17	7:38	
27	Mon	11:19	4.9	11:20	4.6	5:05	0.6	5:27	0.9	6:18	7:37	
28	Tue			12:00	4.9	5:36	0.7	6:08	1.1	6:19	7:35	
29	Wed	12:06	4.5	12:46	4.9	6:12	0.9	7:02	1.2	6:20	7:34	
30	Thu	12:59	4.4	1:36	5.0	7:01	1.0	8:11	1.2	6:21	7:32	
31	Fri	1:56	4.4	2:32	5.2	8:11	1.0	9:23	1.0	6:22	7:30	