

Atlantic Highlands, NJ - Nov 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	4:37	5.7	5:02	5.6	11:02	-0.1	11:21	-0.5	6:25	4:53	
2	Fri	5:32	6.0	5:55	5.8	11:56	-0.4			6:26	4:52	
3	Sat	6:21	6.3	6:45	5.8	12:11	-0.6	12:49	-0.5	6:27	4:51	
4	Sun	7:09	6.4	7:34	5.7	1:00	-0.6	1:40	-0.6	6:29	4:50	
5	Mon	7:55	6.3	8:23	5.5	1:48	-0.5	2:30	-0.5	6:30	4:49	
6	Tue	8:42	6.1	9:14	5.2	2:35	-0.3	3:17	-0.3	6:31	4:48	
7	Wed	9:30	5.7	10:06	4.9	3:19	0.0	4:03	-0.1	6:32	4:47	
8	Thu	10:21	5.4	11:01	4.6	4:03	0.3	4:49	0.3	6:33	4:46	
9	Fri	11:13	5.0	11:55	4.4	4:48	0.7	5:40	0.6	6:34	4:45	
10	Sat			12:06	4.8	5:39	1.0	6:36	0.8	6:36	4:44	
11	Sun	12:48	4.3	12:57	4.6	6:40	1.3	7:34	0.9	6:37	4:43	
12	Mon	1:38	4.3	1:47	4.4	7:44	1.3	8:29	0.9	6:38	4:42	
13	Tue	2:30	4.4	2:39	4.4	8:45	1.2	9:19	0.8	6:39	4:41	
14	Wed	3:22	4.5	3:33	4.4	9:38	1.0	10:03	0.6	6:40	4:40	
15	Thu	4:13	4.7	4:25	4.5	10:26	0.8	10:45	0.4	6:41	4:39	
16	Fri	4:59	5.0	5:12	4.6	11:12	0.5	11:25	0.3	6:43	4:38	
17	Sat	5:40	5.2	5:55	4.7	11:56	0.3			6:44	4:37	
18	Sun	6:18	5.4	6:34	4.8	12:06	0.2	12:40	0.1	6:45	4:37	
19	Mon	6:54	5.6	7:12	4.8	12:46	0.1	1:24	0.0	6:46	4:36	
20	Tue	7:30	5.7	7:51	4.7	1:27	0.1	2:08	-0.1	6:47	4:35	
21	Wed	8:08	5.7	8:33	4.7	2:08	0.1	2:51	-0.2	6:48	4:35	
22	Thu	8:50	5.6	9:20	4.6	2:50	0.1	3:34	-0.2	6:49	4:34	
23	Fri	9:38	5.5	10:15	4.5	3:32	0.2	4:19	-0.1	6:51	4:33	
24	Sat	10:34	5.4	11:16	4.5	4:19	0.3	5:09	0.0	6:52	4:33	
25	Sun	11:36	5.2			5:14	0.5	6:07	0.1	6:53	4:32	
26	Mon	12:17	4.6	12:37	5.1	6:24	0.6	7:11	0.1	6:54	4:32	
27	Tue	1:17	4.8	1:37	5.0	7:39	0.6	8:14	0.0	6:55	4:31	
28	Wed	2:16	5.0	2:38	5.0	8:49	0.4	9:13	-0.2	6:56	4:31	
29	Thu	3:17	5.2	3:41	5.0	9:52	0.1	10:08	-0.4	6:57	4:31	
30	Fri	4:18	5.5	4:42	5.0	10:48	-0.2	10:59	-0.5	6:58	4:30	