

Atlantic Highlands, NJ - Jan 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	6:32	5.4	6:59	4.6	12:16	-0.5	1:06	-0.6	7:19	4:39	
2	Wed	7:16	5.4	7:44	4.5	1:04	-0.4	1:52	-0.6	7:19	4:40	
3	Thu	7:57	5.3	8:28	4.4	1:49	-0.3	2:34	-0.5	7:19	4:41	
4	Fri	8:39	5.1	9:13	4.3	2:32	-0.2	3:14	-0.4	7:19	4:42	
5	Sat	9:20	4.8	9:59	4.2	3:12	0.0	3:52	-0.3	7:19	4:43	
6	Sun	10:03	4.6	10:46	4.0	3:51	0.2	4:29	-0.1	7:19	4:44	
7	Mon	10:47	4.3	11:33	4.0	4:31	0.4	5:07	0.1	7:19	4:45	
8	Tue	11:32	4.1			5:14	0.6	5:49	0.3	7:19	4:46	
9	Wed	12:18	3.9	12:17	3.9	6:05	0.8	6:37	0.4	7:19	4:47	
10	Thu	1:03	3.9	1:03	3.7	7:08	0.9	7:32	0.5	7:18	4:48	
11	Fri	1:48	4.0	1:53	3.6	8:13	0.8	8:28	0.5	7:18	4:49	
12	Sat	2:37	4.1	2:49	3.6	9:13	0.6	9:21	0.3	7:18	4:50	
13	Sun	3:31	4.3	3:50	3.7	10:08	0.4	10:12	0.1	7:18	4:51	
14	Mon	4:26	4.6	4:49	3.9	10:59	0.0	11:01	-0.1	7:17	4:52	
15	Tue	5:17	5.0	5:41	4.1	11:49	-0.3	11:50	-0.3	7:17	4:53	
16	Wed	6:04	5.3	6:29	4.4			12:38	-0.6	7:17	4:54	
17	Thu	6:50	5.6	7:16	4.6	12:40	-0.6	1:27	-0.9	7:16	4:55	
18	Fri	7:36	5.8	8:04	4.8	1:31	-0.8	2:15	-1.1	7:16	4:56	
19	Sat	8:25	5.8	8:54	4.9	2:22	-0.9	3:01	-1.2	7:15	4:57	
20	Sun	9:16	5.6	9:48	4.9	3:11	-0.9	3:47	-1.2	7:15	4:59	
21	Mon	10:10	5.4	10:45	4.9	4:01	-0.8	4:34	-1.1	7:14	5:00	
22	Tue	11:07	5.1	11:43	4.9	4:55	-0.5	5:25	-0.9	7:13	5:01	
23	Wed			12:04	4.8	5:55	-0.3	6:21	-0.6	7:13	5:02	
24	Thu	12:39	4.8	1:01	4.5	7:03	0.0	7:22	-0.4	7:12	5:03	
25	Fri	1:36	4.8	1:59	4.3	8:12	0.1	8:25	-0.3	7:11	5:04	
26	Sat	2:34	4.7	3:00	4.1	9:18	0.0	9:24	-0.2	7:11	5:06	
27	Sun	3:35	4.7	4:04	4.0	10:16	-0.1	10:19	-0.2	7:10	5:07	
28	Mon	4:35	4.8	5:03	4.1	11:09	-0.2	11:09	-0.3	7:09	5:08	
29	Tue	5:28	4.9	5:55	4.2	11:58	-0.4	11:57	-0.3	7:08	5:09	
30	Wed	6:15	5.0	6:41	4.3			12:45	-0.5	7:07	5:11	
31	Thu	6:57	5.0	7:24	4.4	12:44	-0.3	1:29	-0.5	7:06	5:12	