

Atlantic Highlands, NJ - Mar 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	7:14	4.9	7:39	4.6	1:06	-0.2	1:40	-0.4	6:29	5:47	
2	Sun	7:51	4.8	8:16	4.7	1:47	-0.3	2:16	-0.4	6:27	5:48	
3	Mon	8:26	4.7	8:52	4.6	2:26	-0.2	2:51	-0.3	6:26	5:50	
4	Tue	9:01	4.5	9:27	4.5	3:03	-0.2	3:23	-0.2	6:24	5:51	
5	Wed	9:35	4.3	10:02	4.4	3:39	0.0	3:53	0.0	6:22	5:52	
6	Thu	10:11	4.1	10:39	4.3	4:13	0.1	4:22	0.2	6:21	5:53	
7	Fri	10:51	3.9	11:20	4.3	4:50	0.3	4:53	0.4	6:19	5:54	
8	Sat	11:38	3.8			5:34	0.5	5:32	0.5	6:18	5:55	
9	Sun	12:07	4.3	12:31	3.7	6:35	0.6	6:32	0.7	6:16	5:56	
10	Mon	1:01	4.4	1:30	3.7	7:49	0.6	7:52	0.7	6:14	5:57	
11	Tue	2:01	4.5	2:35	3.8	8:58	0.4	9:06	0.4	6:13	5:58	
12	Wed	3:09	4.7	3:45	4.1	9:59	0.1	10:10	0.1	6:11	5:59	
13	Thu	4:17	5.0	4:50	4.5	10:54	-0.3	11:08	-0.3	6:10	6:00	
14	Fri	5:17	5.4	5:45	5.0	11:46	-0.7			6:08	6:01	
15	Sat	6:11	5.7	6:36	5.4	12:03	-0.7	12:37	-1.0	6:06	6:03	
16	Sun	7:01	5.9	7:26	5.7	12:58	-1.0	1:26	-1.2	6:05	6:04	
17	Mon	7:51	5.9	8:15	5.9	1:51	-1.2	2:15	-1.3	6:03	6:05	
18	Tue	8:42	5.8	9:06	5.8	2:43	-1.2	3:02	-1.3	6:02	6:06	
19	Wed	9:34	5.5	9:59	5.7	3:33	-1.1	3:48	-1.0	6:00	6:07	
20	Thu	10:29	5.1	10:54	5.4	4:23	-0.8	4:35	-0.7	5:58	6:08	
21	Fri	11:26	4.8	11:50	5.1	5:16	-0.4	5:27	-0.2	5:57	6:09	
22	Sat			12:23	4.5	6:16	0.0	6:25	0.2	5:55	6:10	
23	Sun	12:46	4.8	1:20	4.2	7:22	0.3	7:30	0.5	5:53	6:11	
24	Mon	1:42	4.6	2:18	4.1	8:28	0.4	8:36	0.6	5:52	6:12	
25	Tue	2:40	4.4	3:18	4.1	9:28	0.4	9:35	0.6	5:50	6:13	
26	Wed	3:40	4.4	4:16	4.2	10:19	0.3	10:27	0.5	5:48	6:14	
27	Thu	4:38	4.4	5:08	4.4	11:05	0.2	11:14	0.3	5:47	6:15	
28	Fri	5:26	4.6	5:53	4.7	11:46	0.1	11:58	0.2	5:45	6:16	
29	Sat	6:09	4.7	6:33	4.9			12:26	0.0	5:43	6:17	
30	Sun	6:47	4.8	7:10	5.0	12:41	0.0	1:05	-0.1	5:42	6:18	
31	Mon	7:24	4.8	7:45	5.1	1:23	-0.1	1:43	-0.1	5:40	6:19	