

Atlantic Highlands, NJ - Jul 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	10:40	4.9	10:54	5.7	4:44	-0.3	4:48	0.3	5:29	8:30	
2	Wed	11:35	5.0	11:50	5.6	5:28	-0.2	5:39	0.4	5:30	8:30	
3	Thu			12:32	5.1	6:16	-0.1	6:37	0.5	5:30	8:29	
4	Fri	12:48	5.4	1:28	5.3	7:11	0.0	7:44	0.6	5:31	8:29	
5	Sat	1:45	5.2	2:23	5.4	8:10	0.0	8:54	0.6	5:31	8:29	
6	Sun	2:42	5.1	3:20	5.5	9:11	0.1	10:01	0.5	5:32	8:29	
7	Mon	3:43	4.9	4:20	5.6	10:09	0.0	11:02	0.3	5:33	8:28	
8	Tue	4:46	4.8	5:20	5.8	11:05	0.0	11:58	0.1	5:33	8:28	
9	Wed	5:49	4.9	6:16	5.9	11:58	0.0			5:34	8:28	
10	Thu	6:45	5.0	7:07	6.0	12:51	0.0	12:50	0.0	5:35	8:27	
11	Fri	7:36	5.0	7:54	6.0	1:42	-0.1	1:41	0.1	5:35	8:27	
12	Sat	8:25	5.1	8:39	5.9	2:32	-0.2	2:30	0.1	5:36	8:26	
13	Sun	9:12	5.0	9:23	5.7	3:18	-0.2	3:17	0.3	5:37	8:26	
14	Mon	9:59	5.0	10:07	5.5	4:00	-0.1	4:00	0.4	5:38	8:25	
15	Tue	10:46	4.9	10:51	5.2	4:40	0.0	4:42	0.6	5:38	8:25	
16	Wed	11:34	4.8	11:36	4.9	5:18	0.2	5:23	0.8	5:39	8:24	
17	Thu			12:21	4.7	5:56	0.5	6:06	1.0	5:40	8:24	
18	Fri	12:22	4.7	1:07	4.7	6:36	0.7	6:56	1.2	5:41	8:23	
19	Sat	1:07	4.5	1:51	4.7	7:21	0.9	7:53	1.4	5:42	8:22	
20	Sun	1:52	4.3	2:34	4.7	8:11	1.0	8:55	1.4	5:43	8:21	
21	Mon	2:39	4.2	3:20	4.8	9:05	1.0	9:54	1.2	5:43	8:21	
22	Tue	3:30	4.1	4:10	4.9	9:58	1.0	10:49	1.0	5:44	8:20	
23	Wed	4:29	4.1	5:04	5.1	10:49	0.9	11:40	0.7	5:45	8:19	
24	Thu	5:28	4.2	5:55	5.4	11:39	0.7			5:46	8:18	
25	Fri	6:22	4.4	6:43	5.7	12:28	0.5	12:27	0.5	5:47	8:17	
26	Sat	7:10	4.7	7:28	5.9	1:17	0.2	1:17	0.3	5:48	8:16	
27	Sun	7:56	4.9	8:13	6.1	2:05	-0.1	2:07	0.2	5:49	8:16	
28	Mon	8:42	5.1	8:59	6.2	2:52	-0.3	2:58	0.0	5:50	8:15	
29	Tue	9:30	5.3	9:48	6.1	3:38	-0.5	3:47	-0.1	5:51	8:14	
30	Wed	10:21	5.4	10:40	6.0	4:23	-0.5	4:37	-0.1	5:51	8:13	
31	Thu	11:16	5.5	11:35	5.7	5:08	-0.5	5:28	0.1	5:52	8:12	