

Atlantic Highlands, NJ - Aug 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri			12:12	5.5	5:55	-0.4	6:24	0.3	5:53	8:10	
2	Sat	12:33	5.5	1:09	5.6	6:47	-0.1	7:28	0.5	5:54	8:09	
3	Sun	1:30	5.2	2:05	5.6	7:46	0.1	8:38	0.6	5:55	8:08	
4	Mon	2:27	5.0	3:01	5.5	8:48	0.2	9:45	0.6	5:56	8:07	
5	Tue	3:27	4.8	4:00	5.5	9:50	0.3	10:46	0.5	5:57	8:06	
6	Wed	4:30	4.7	5:02	5.5	10:48	0.3	11:42	0.3	5:58	8:05	
7	Thu	5:33	4.7	5:59	5.6	11:42	0.3			5:59	8:04	
8	Fri	6:29	4.9	6:50	5.7	12:33	0.2	12:33	0.3	6:00	8:02	
9	Sat	7:19	5.0	7:35	5.7	1:22	0.1	1:21	0.3	6:01	8:01	
10	Sun	8:04	5.1	8:18	5.7	2:08	0.0	2:09	0.3	6:02	8:00	
11	Mon	8:48	5.1	8:58	5.6	2:51	0.0	2:53	0.4	6:03	7:59	
12	Tue	9:30	5.1	9:38	5.4	3:31	0.1	3:36	0.4	6:04	7:57	
13	Wed	10:12	5.0	10:18	5.2	4:08	0.2	4:15	0.6	6:05	7:56	
14	Thu	10:54	4.9	10:58	4.9	4:43	0.3	4:54	0.7	6:06	7:55	
15	Fri	11:37	4.8	11:40	4.7	5:17	0.5	5:32	0.9	6:07	7:53	
16	Sat			12:21	4.8	5:50	0.7	6:14	1.1	6:08	7:52	
17	Sun	12:24	4.4	1:04	4.7	6:27	0.9	7:05	1.3	6:09	7:50	
18	Mon	1:10	4.3	1:47	4.7	7:11	1.1	8:07	1.4	6:10	7:49	
19	Tue	1:57	4.2	2:32	4.8	8:08	1.2	9:12	1.3	6:11	7:48	
20	Wed	2:49	4.1	3:23	4.9	9:12	1.2	10:13	1.1	6:12	7:46	
21	Thu	3:48	4.1	4:21	5.1	10:13	1.1	11:08	0.8	6:13	7:45	
22	Fri	4:52	4.3	5:20	5.4	11:09	0.8	11:59	0.5	6:14	7:43	
23	Sat	5:51	4.6	6:15	5.7			12:02	0.5	6:15	7:42	
24	Sun	6:44	5.0	7:05	6.1	12:48	0.1	12:54	0.2	6:16	7:40	
25	Mon	7:32	5.4	7:52	6.3	1:37	-0.2	1:47	-0.1	6:17	7:39	
26	Tue	8:20	5.7	8:40	6.4	2:25	-0.5	2:40	-0.3	6:17	7:37	
27	Wed	9:08	5.9	9:30	6.3	3:13	-0.6	3:32	-0.4	6:18	7:36	
28	Thu	9:59	6.0	10:22	6.1	3:59	-0.7	4:22	-0.3	6:19	7:34	
29	Fri	10:53	6.0	11:17	5.8	4:45	-0.6	5:13	-0.2	6:20	7:32	
30	Sat	11:49	5.9			5:32	-0.4	6:08	0.1	6:21	7:31	
31	Sun	12:16	5.5	12:47	5.8	6:23	-0.1	7:11	0.4	6:22	7:29	