

Atlantic Highlands, NJ - Mar 1996

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	4:42	4.2	5:13	4.0	11:10	0.2	11:13	0.2	6:28	5:47	
2	Sat	5:29	4.5	5:57	4.3	11:53	0.0	11:58	0.0	6:27	5:49	
3	Sun	6:11	4.7	6:37	4.5			12:34	-0.2	6:25	5:50	
4	Mon	6:49	4.8	7:14	4.7	12:42	-0.2	1:14	-0.3	6:24	5:51	
5	Tue	7:24	4.9	7:49	4.8	1:25	-0.3	1:52	-0.4	6:22	5:52	
6	Wed	7:59	4.8	8:24	4.9	2:06	-0.4	2:29	-0.4	6:21	5:53	
7	Thu	8:34	4.8	9:00	4.9	2:46	-0.4	3:04	-0.4	6:19	5:54	
8	Fri	9:13	4.6	9:40	4.9	3:25	-0.4	3:38	-0.3	6:17	5:55	
9	Sat	9:57	4.5	10:26	4.9	4:05	-0.3	4:14	-0.2	6:16	5:56	
10	Sun	10:49	4.3	11:21	4.9	4:50	-0.1	4:56	0.0	6:14	5:57	
11	Mon	11:48	4.2			5:46	0.1	5:52	0.1	6:13	5:58	
12	Tue	12:21	4.9	12:50	4.1	6:55	0.2	7:06	0.3	6:11	5:59	
13	Wed	1:23	4.8	1:55	4.2	8:08	0.2	8:24	0.2	6:09	6:01	
14	Thu	2:28	4.9	3:03	4.3	9:16	0.0	9:34	0.0	6:08	6:02	
15	Fri	3:37	5.0	4:12	4.6	10:16	-0.3	10:35	-0.3	6:06	6:03	
16	Sat	4:42	5.2	5:13	5.0	11:10	-0.6	11:32	-0.6	6:05	6:04	
17	Sun	5:39	5.5	6:07	5.3			12:01	-0.9	6:03	6:05	
18	Mon	6:30	5.6	6:55	5.6	12:26	-0.8	12:51	-1.0	6:01	6:06	
19	Tue	7:18	5.6	7:42	5.7	1:17	-0.9	1:38	-1.0	6:00	6:07	
20	Wed	8:05	5.5	8:27	5.6	2:06	-0.9	2:23	-0.9	5:58	6:08	
21	Thu	8:51	5.3	9:11	5.4	2:52	-0.8	3:05	-0.7	5:56	6:09	
22	Fri	9:38	4.9	9:57	5.1	3:36	-0.6	3:45	-0.4	5:55	6:10	
23	Sat	10:26	4.6	10:44	4.8	4:19	-0.2	4:24	0.0	5:53	6:11	
24	Sun	11:17	4.3	11:32	4.6	5:03	0.1	5:05	0.4	5:51	6:12	
25	Mon			12:08	4.1	5:53	0.5	5:53	0.7	5:50	6:13	
26	Tue	12:21	4.3	12:59	3.9	6:51	0.7	6:52	1.0	5:48	6:14	
27	Wed	1:11	4.2	1:50	3.8	7:53	0.8	7:57	1.0	5:46	6:15	
28	Thu	2:03	4.1	2:45	3.9	8:52	0.8	8:59	1.0	5:45	6:16	
29	Fri	3:00	4.1	3:43	4.0	9:45	0.7	9:54	0.8	5:43	6:17	
30	Sat	3:59	4.2	4:36	4.3	10:31	0.5	10:43	0.5	5:42	6:18	
31	Sun	4:51	4.4	5:23	4.6	11:15	0.2	11:29	0.3	5:40	6:19	