

Atlantic Highlands, NJ - Jan 1997

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	12:30	4.0	12:25	3.9	6:21	0.9	6:51	0.5	7:19	4:40	
2	Thu	1:14	4.0	1:13	3.8	7:28	0.9	7:49	0.5	7:19	4:41	
3	Fri	2:01	4.2	2:07	3.8	8:34	0.7	8:47	0.3	7:19	4:42	
4	Sat	2:54	4.4	3:09	3.8	9:34	0.4	9:42	0.1	7:19	4:43	
5	Sun	3:52	4.7	4:14	4.0	10:29	0.1	10:34	-0.1	7:19	4:44	
6	Mon	4:48	5.1	5:13	4.2	11:22	-0.3	11:26	-0.4	7:19	4:45	
7	Tue	5:40	5.5	6:05	4.5			12:14	-0.7	7:19	4:45	
8	Wed	6:30	5.8	6:56	4.8	12:18	-0.7	1:05	-1.0	7:19	4:46	
9	Thu	7:19	6.0	7:46	5.0	1:11	-0.9	1:56	-1.2	7:18	4:47	
10	Fri	8:09	6.0	8:39	5.0	2:04	-1.0	2:45	-1.4	7:18	4:48	
11	Sat	9:01	5.9	9:33	5.0	2:56	-1.0	3:33	-1.4	7:18	4:50	
12	Sun	9:55	5.6	10:30	5.0	3:47	-0.9	4:21	-1.2	7:18	4:51	
13	Mon	10:52	5.3	11:29	4.9	4:40	-0.7	5:11	-1.0	7:17	4:52	
14	Tue	11:49	5.0			5:38	-0.3	6:06	-0.7	7:17	4:53	
15	Wed	12:25	4.8	12:46	4.6	6:43	0.0	7:05	-0.4	7:17	4:54	
16	Thu	1:20	4.8	1:41	4.3	7:51	0.1	8:06	-0.2	7:16	4:55	
17	Fri	2:16	4.7	2:39	4.1	8:56	0.1	9:04	-0.1	7:16	4:56	
18	Sat	3:14	4.6	3:40	4.0	9:55	0.1	9:58	-0.1	7:15	4:57	
19	Sun	4:13	4.6	4:40	4.0	10:48	-0.1	10:47	-0.1	7:15	4:58	
20	Mon	5:06	4.7	5:32	4.1	11:36	-0.2	11:34	-0.1	7:14	5:00	
21	Tue	5:53	4.8	6:18	4.2			12:21	-0.3	7:13	5:01	
22	Wed	6:35	4.9	7:01	4.3	12:19	-0.2	1:05	-0.4	7:13	5:02	
23	Thu	7:14	4.9	7:41	4.3	1:02	-0.2	1:46	-0.4	7:12	5:03	
24	Fri	7:51	4.9	8:21	4.3	1:45	-0.2	2:24	-0.4	7:11	5:04	
25	Sat	8:28	4.7	9:00	4.3	2:25	-0.2	3:00	-0.4	7:11	5:05	
26	Sun	9:03	4.6	9:39	4.2	3:02	-0.1	3:34	-0.3	7:10	5:07	
27	Mon	9:38	4.4	10:18	4.1	3:38	0.0	4:06	-0.2	7:09	5:08	
28	Tue	10:14	4.2	10:58	4.0	4:14	0.2	4:37	0.0	7:08	5:09	
29	Wed	10:54	4.0	11:39	4.0	4:51	0.4	5:10	0.1	7:07	5:10	
30	Thu	11:39	3.8			5:37	0.5	5:51	0.3	7:06	5:12	
31	Fri	12:24	4.1	12:31	3.7	6:37	0.6	6:48	0.4	7:06	5:13	