

Belmar, NJ - Mar 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	7:18	4.6	7:38	4.5	1:07	-0.3	1:26	-0.4	6:28	5:47	
2	Tue	7:56	4.5	8:14	4.4	1:47	-0.3	2:02	-0.4	6:27	5:48	
3	Wed	8:33	4.3	8:49	4.4	2:24	-0.2	2:35	-0.3	6:25	5:50	
4	Thu	9:11	4.1	9:24	4.2	3:00	-0.1	3:06	-0.1	6:24	5:51	
5	Fri	9:49	3.9	9:59	4.1	3:35	0.1	3:37	0.1	6:22	5:52	
6	Sat	10:31	3.6	10:39	4.0	4:11	0.3	4:09	0.3	6:21	5:53	
7	Sun	11:17	3.5	11:24	4.0	4:52	0.6	4:47	0.5	6:19	5:54	
8	Mon			12:07	3.4	5:49	0.7	5:41	0.7	6:18	5:55	
9	Tue	12:15	3.9	1:01	3.4	7:01	0.8	6:55	0.7	6:16	5:56	
10	Wed	1:12	4.0	2:01	3.5	8:10	0.6	8:09	0.5	6:14	5:57	
11	Thu	2:16	4.1	3:06	3.7	9:09	0.3	9:13	0.2	6:13	5:58	
12	Fri	3:25	4.4	4:08	4.1	10:02	0.0	10:11	-0.1	6:11	5:59	
13	Sat	4:27	4.7	5:02	4.6	10:52	-0.4	11:05	-0.5	6:10	6:00	
14	Sun	5:21	5.0	5:52	5.0	11:41	-0.7	11:59	-0.8	6:08	6:01	
15	Mon	6:11	5.2	6:40	5.4			12:29	-1.0	6:06	6:02	
16	Tue	7:00	5.3	7:28	5.6	12:52	-1.1	1:17	-1.1	6:05	6:04	
17	Wed	7:49	5.3	8:18	5.6	1:44	-1.2	2:05	-1.1	6:03	6:05	
18	Thu	8:41	5.1	9:10	5.5	2:34	-1.1	2:51	-1.0	6:01	6:06	
19	Fri	9:35	4.8	10:05	5.3	3:24	-0.9	3:39	-0.7	6:00	6:07	
20	Sat	10:33	4.5	11:03	5.0	4:16	-0.6	4:30	-0.3	5:58	6:08	
21	Sun	11:33	4.3			5:14	-0.2	5:29	0.1	5:57	6:09	
22	Mon	12:01	4.8	12:32	4.1	6:18	0.1	6:37	0.4	5:55	6:10	
23	Tue	12:59	4.5	1:31	3.9	7:26	0.2	7:46	0.5	5:53	6:11	
24	Wed	1:58	4.3	2:32	3.9	8:28	0.3	8:49	0.5	5:52	6:12	
25	Thu	2:59	4.2	3:33	4.0	9:23	0.2	9:44	0.4	5:50	6:13	
26	Fri	3:58	4.3	4:28	4.2	10:11	0.1	10:32	0.2	5:48	6:14	
27	Sat	4:49	4.4	5:14	4.4	10:54	0.0	11:17	0.1	5:47	6:15	
28	Sun	5:33	4.5	5:55	4.6	11:35	-0.1			5:45	6:16	
29	Mon	6:14	4.5	6:32	4.7	12:00	0.0	12:14	-0.1	5:43	6:17	
30	Tue	6:52	4.5	7:07	4.8	12:42	-0.1	12:52	-0.1	5:42	6:18	
31	Wed	7:29	4.5	7:41	4.8	1:22	-0.1	1:28	-0.1	5:40	6:19	