

Belmar, NJ - Aug 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun			12:14	5.3	5:40	-0.1	6:17	0.4	5:54	8:10	
2	Mon	12:28	4.8	1:11	5.3	6:36	0.1	7:24	0.6	5:55	8:09	
3	Tue	1:27	4.6	2:07	5.3	7:39	0.3	8:34	0.6	5:56	8:08	
4	Wed	2:27	4.4	3:07	5.3	8:46	0.4	9:40	0.5	5:57	8:07	
5	Thu	3:32	4.4	4:10	5.3	9:49	0.3	10:39	0.3	5:58	8:05	
6	Fri	4:39	4.4	5:11	5.4	10:48	0.3	11:33	0.1	5:58	8:04	
7	Sat	5:41	4.6	6:07	5.5	11:42	0.2			5:59	8:03	
8	Sun	6:34	4.7	6:56	5.6	12:24	0.0	12:34	0.2	6:00	8:02	
9	Mon	7:23	4.9	7:41	5.5	1:12	-0.1	1:24	0.2	6:01	8:01	
10	Tue	8:07	5.0	8:24	5.4	1:58	-0.2	2:11	0.2	6:02	7:59	
11	Wed	8:50	5.0	9:06	5.3	2:40	-0.1	2:55	0.3	6:03	7:58	
12	Thu	9:33	4.9	9:48	5.0	3:19	0.0	3:36	0.4	6:04	7:57	
13	Fri	10:15	4.8	10:30	4.7	3:55	0.1	4:16	0.6	6:05	7:55	
14	Sat	10:58	4.7	11:15	4.5	4:30	0.3	4:56	0.8	6:06	7:54	
15	Sun	11:42	4.6			5:04	0.5	5:38	1.0	6:07	7:53	
16	Mon	12:01	4.2	12:26	4.5	5:41	0.8	6:28	1.2	6:08	7:51	
17	Tue	12:48	4.0	1:11	4.4	6:25	1.0	7:29	1.4	6:09	7:50	
18	Wed	1:37	3.9	1:56	4.4	7:21	1.1	8:34	1.3	6:10	7:49	
19	Thu	2:27	3.8	2:45	4.5	8:24	1.2	9:33	1.2	6:11	7:47	
20	Fri	3:23	3.8	3:41	4.6	9:25	1.1	10:27	0.9	6:12	7:46	
21	Sat	4:24	4.0	4:40	4.8	10:21	0.9	11:15	0.6	6:13	7:44	
22	Sun	5:20	4.2	5:34	5.1	11:12	0.6			6:14	7:43	
23	Mon	6:10	4.6	6:22	5.4	12:02	0.3	12:03	0.3	6:15	7:41	
24	Tue	6:55	4.9	7:07	5.6	12:47	0.1	12:53	0.1	6:16	7:40	
25	Wed	7:39	5.2	7:51	5.7	1:33	-0.2	1:43	-0.1	6:17	7:38	
26	Thu	8:24	5.5	8:37	5.7	2:18	-0.4	2:34	-0.2	6:18	7:37	
27	Fri	9:11	5.6	9:26	5.5	3:02	-0.5	3:23	-0.3	6:19	7:35	
28	Sat	10:01	5.7	10:18	5.3	3:46	-0.4	4:12	-0.2	6:20	7:34	
29	Sun	10:56	5.6	11:16	5.0	4:31	-0.3	5:04	0.0	6:21	7:32	
30	Mon	11:54	5.5			5:20	-0.1	6:02	0.3	6:21	7:31	
31	Tue	12:16	4.8	12:53	5.4	6:16	0.2	7:08	0.5	6:22	7:29	