

Belmar, NJ - Nov 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	2:39	4.5	2:59	4.5	8:57	0.8	9:17	0.4	6:25	4:53	
2	Tue	3:34	4.6	3:53	4.5	9:47	0.7	10:00	0.4	6:27	4:52	
3	Wed	4:23	4.8	4:42	4.5	10:33	0.5	10:40	0.3	6:28	4:51	
4	Thu	5:06	5.0	5:26	4.6	11:16	0.4	11:20	0.3	6:29	4:49	
5	Fri	5:45	5.1	6:06	4.6	11:58	0.3	11:59	0.3	6:30	4:48	
6	Sat	6:22	5.2	6:45	4.5			12:40	0.2	6:31	4:47	
7	Sun	6:56	5.2	7:23	4.5	12:38	0.3	1:21	0.2	6:32	4:46	
8	Mon	7:30	5.1	8:01	4.3	1:16	0.4	2:00	0.2	6:33	4:45	
9	Tue	8:02	5.0	8:39	4.1	1:53	0.5	2:38	0.3	6:35	4:44	
10	Wed	8:35	4.8	9:21	4.0	2:29	0.6	3:14	0.4	6:36	4:43	
11	Thu	9:11	4.7	10:07	3.9	3:04	0.7	3:52	0.6	6:37	4:42	
12	Fri	9:55	4.6	10:58	3.9	3:41	0.8	4:33	0.7	6:38	4:41	
13	Sat	10:50	4.5	11:51	4.0	4:25	0.9	5:24	0.7	6:39	4:41	
14	Sun	11:48	4.5			5:26	1.0	6:25	0.7	6:40	4:40	
15	Mon	12:44	4.2	12:47	4.5	6:42	1.0	7:28	0.5	6:42	4:39	
16	Tue	1:39	4.5	1:48	4.5	7:55	0.7	8:27	0.3	6:43	4:38	
17	Wed	2:38	4.8	2:53	4.6	8:59	0.4	9:21	-0.1	6:44	4:37	
18	Thu	3:38	5.2	3:58	4.8	9:57	0.0	10:13	-0.3	6:45	4:37	
19	Fri	4:35	5.6	4:57	4.9	10:53	-0.4	11:05	-0.6	6:46	4:36	
20	Sat	5:28	5.9	5:51	5.1	11:47	-0.6	11:58	-0.7	6:47	4:35	
21	Sun	6:19	6.1	6:44	5.1			12:42	-0.8	6:48	4:35	
22	Mon	7:10	6.1	7:37	5.1	12:51	-0.7	1:35	-0.9	6:50	4:34	
23	Tue	8:01	6.0	8:31	4.9	1:44	-0.6	2:26	-0.8	6:51	4:34	
24	Wed	8:55	5.7	9:28	4.7	2:35	-0.4	3:15	-0.6	6:52	4:33	
25	Thu	9:50	5.4	10:27	4.6	3:25	-0.1	4:05	-0.4	6:53	4:33	
26	Fri	10:48	5.0	11:26	4.4	4:18	0.2	4:58	-0.1	6:54	4:32	
27	Sat	11:43	4.7			5:16	0.5	5:54	0.2	6:55	4:32	
28	Sun	12:20	4.3	12:36	4.4	6:21	0.8	6:52	0.3	6:56	4:31	
29	Mon	1:12	4.3	1:28	4.2	7:26	0.9	7:47	0.4	6:57	4:31	
30	Tue	2:04	4.3	2:21	4.0	8:25	0.8	8:37	0.4	6:58	4:31	