

Highlands, NJ - Jan 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	1:37	3.7	1:37	3.3	7:55	0.8	8:04	0.4	7:19	4:40	
2	Fri	2:25	3.9	2:34	3.3	9:04	0.6	9:05	0.3	7:19	4:40	
3	Sat	3:20	4.1	3:41	3.3	10:07	0.4	10:03	0.2	7:19	4:41	
4	Sun	4:22	4.4	4:50	3.4	11:04	0.0	11:00	-0.1	7:19	4:42	
5	Mon	5:23	4.7	5:51	3.6	11:59	-0.3	11:55	-0.3	7:19	4:43	
6	Tue	6:18	5.0	6:47	3.9			12:53	-0.6	7:19	4:44	
7	Wed	7:10	5.2	7:39	4.1	12:52	-0.5	1:47	-0.8	7:19	4:45	
8	Thu	8:02	5.3	8:32	4.2	1:48	-0.7	2:38	-1.0	7:18	4:46	
9	Fri	8:53	5.3	9:25	4.3	2:43	-0.8	3:26	-1.1	7:18	4:47	
10	Sat	9:46	5.1	10:21	4.4	3:35	-0.8	4:13	-1.1	7:18	4:48	
11	Sun	10:40	4.8	11:17	4.3	4:26	-0.6	5:00	-0.9	7:18	4:49	
12	Mon	11:35	4.5			5:20	-0.3	5:48	-0.7	7:18	4:50	
13	Tue	12:13	4.3	12:30	4.1	6:18	0.0	6:40	-0.4	7:17	4:51	
14	Wed	1:06	4.2	1:23	3.8	7:23	0.2	7:37	-0.1	7:17	4:52	
15	Thu	1:58	4.1	2:17	3.5	8:31	0.3	8:35	0.1	7:17	4:53	
16	Fri	2:51	4.0	3:15	3.3	9:35	0.4	9:31	0.2	7:16	4:54	
17	Sat	3:48	3.9	4:17	3.2	10:32	0.3	10:23	0.3	7:16	4:55	
18	Sun	4:46	3.9	5:16	3.2	11:23	0.2	11:12	0.2	7:15	4:57	
19	Mon	5:39	4.0	6:08	3.3			12:10	0.1	7:15	4:58	
20	Tue	6:25	4.1	6:53	3.4			12:55	0.0	7:14	4:59	
21	Wed	7:06	4.2	7:34	3.5	12:44	0.1	1:37	-0.1	7:13	5:00	
22	Thu	7:45	4.2	8:14	3.6	1:28	0.0	2:17	-0.2	7:13	5:01	
23	Fri	8:21	4.2	8:52	3.6	2:11	0.0	2:54	-0.3	7:12	5:02	
24	Sat	8:55	4.1	9:30	3.6	2:51	0.0	3:28	-0.3	7:12	5:04	
25	Sun	9:28	4.0	10:06	3.6	3:28	0.1	4:00	-0.2	7:11	5:05	
26	Mon	10:00	3.8	10:42	3.6	4:03	0.1	4:29	-0.1	7:10	5:06	
27	Tue	10:35	3.7	11:20	3.6	4:38	0.2	4:57	0.0	7:09	5:07	
28	Wed	11:16	3.5			5:16	0.4	5:27	0.1	7:08	5:08	
29	Thu	12:02	3.7	12:05	3.3	6:03	0.5	6:06	0.2	7:08	5:10	
30	Fri	12:49	3.8	12:59	3.2	7:09	0.6	7:03	0.3	7:07	5:11	
31	Sat	1:41	3.9	2:00	3.1	8:27	0.5	8:19	0.3	7:06	5:12	