

Highlands, NJ - Jul 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	7:05	3.9	7:24	4.9	1:10	0.4	12:58	0.5	5:29	8:30	
2	Thu	7:54	4.0	8:07	4.9	1:58	0.3	1:46	0.5	5:29	8:29	
3	Fri	8:39	4.0	8:49	4.9	2:45	0.3	2:32	0.6	5:30	8:29	
4	Sat	9:23	4.0	9:29	4.8	3:28	0.2	3:17	0.6	5:30	8:29	
5	Sun	10:06	4.0	10:08	4.7	4:08	0.2	3:59	0.7	5:31	8:29	
6	Mon	10:50	4.0	10:47	4.5	4:45	0.3	4:39	0.8	5:32	8:29	
7	Tue	11:34	4.0	11:26	4.3	5:20	0.4	5:17	0.9	5:32	8:28	
8	Wed			12:18	4.0	5:53	0.5	5:56	1.0	5:33	8:28	
9	Thu	12:06	4.1	1:01	4.0	6:27	0.6	6:38	1.1	5:33	8:28	
10	Fri	12:48	4.0	1:41	4.1	7:02	0.7	7:29	1.3	5:34	8:27	
11	Sat	1:31	3.8	2:21	4.2	7:43	0.8	8:32	1.3	5:35	8:27	
12	Sun	2:18	3.7	3:04	4.3	8:33	0.9	9:39	1.2	5:36	8:26	
13	Mon	3:09	3.6	3:53	4.5	9:31	0.9	10:42	1.0	5:36	8:26	
14	Tue	4:09	3.6	4:50	4.7	10:31	0.8	11:40	0.7	5:37	8:25	
15	Wed	5:18	3.6	5:52	4.9	11:29	0.6			5:38	8:25	
16	Thu	6:23	3.8	6:50	5.2	12:34	0.4	12:26	0.4	5:39	8:24	
17	Fri	7:21	4.1	7:43	5.5	1:28	0.1	1:22	0.2	5:39	8:24	
18	Sat	8:14	4.3	8:34	5.7	2:21	-0.2	2:19	0.0	5:40	8:23	
19	Sun	9:06	4.6	9:25	5.7	3:13	-0.4	3:16	-0.1	5:41	8:22	
20	Mon	9:59	4.8	10:18	5.6	4:02	-0.6	4:10	-0.2	5:42	8:22	
21	Tue	10:54	4.9	11:11	5.4	4:48	-0.6	5:02	-0.1	5:43	8:21	
22	Wed	11:49	4.9			5:34	-0.6	5:55	0.1	5:44	8:20	
23	Thu	12:06	5.1	12:45	5.0	6:21	-0.4	6:51	0.3	5:44	8:19	
24	Fri	1:02	4.8	1:40	4.9	7:11	-0.1	7:54	0.6	5:45	8:18	
25	Sat	1:57	4.4	2:32	4.9	8:05	0.2	9:01	0.7	5:46	8:18	
26	Sun	2:51	4.1	3:24	4.8	9:03	0.4	10:07	0.8	5:47	8:17	
27	Mon	3:47	3.9	4:20	4.7	10:02	0.6	11:07	0.7	5:48	8:16	
28	Tue	4:48	3.7	5:18	4.6	10:58	0.7			5:49	8:15	
29	Wed	5:50	3.7	6:15	4.6	12:01	0.7	11:50 AM	0.7	5:50	8:14	
30	Thu	6:46	3.8	7:05	4.7	12:50	0.6	12:38	0.7	5:51	8:13	
31	Fri	7:35	3.9	7:48	4.8	1:36	0.5	1:25	0.7	5:52	8:12	