

Highlands, NJ - Jan 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	7:30	5.0	7:55	4.2	1:15	-0.5	1:57	-0.7	7:18	4:39	
2	Fri	8:15	4.9	8:42	4.1	2:04	-0.4	2:43	-0.7	7:19	4:40	
3	Sat	8:59	4.7	9:27	4.0	2:50	-0.3	3:25	-0.6	7:19	4:41	
4	Sun	9:42	4.5	10:13	3.9	3:33	-0.2	4:04	-0.5	7:19	4:42	
5	Mon	10:27	4.2	11:00	3.8	4:14	0.0	4:41	-0.3	7:19	4:43	
6	Tue	11:13	4.0	11:46	3.7	4:55	0.2	5:19	-0.1	7:19	4:44	
7	Wed	11:59	3.7			5:38	0.5	5:59	0.1	7:19	4:44	
8	Thu	12:32	3.6	12:45	3.5	6:29	0.7	6:45	0.3	7:18	4:45	
9	Fri	1:17	3.6	1:32	3.3	7:30	0.8	7:38	0.4	7:18	4:46	
10	Sat	2:02	3.6	2:21	3.2	8:34	0.8	8:34	0.4	7:18	4:47	
11	Sun	2:50	3.6	3:16	3.1	9:34	0.7	9:30	0.4	7:18	4:48	
12	Mon	3:43	3.8	4:15	3.2	10:28	0.4	10:22	0.2	7:18	4:50	
13	Tue	4:39	4.0	5:12	3.3	11:17	0.2	11:11	0.1	7:17	4:51	
14	Wed	5:30	4.2	6:03	3.5			12:05	-0.1	7:17	4:52	
15	Thu	6:17	4.5	6:48	3.8			12:52	-0.3	7:17	4:53	
16	Fri	7:00	4.7	7:32	4.0	12:47	-0.4	1:38	-0.6	7:16	4:54	
17	Sat	7:43	4.9	8:16	4.2	1:36	-0.5	2:23	-0.8	7:16	4:55	
18	Sun	8:27	4.9	9:02	4.3	2:25	-0.7	3:07	-0.9	7:15	4:56	
19	Mon	9:14	4.9	9:51	4.4	3:13	-0.7	3:50	-0.9	7:15	4:57	
20	Tue	10:03	4.7	10:44	4.4	4:00	-0.7	4:33	-0.9	7:14	4:58	
21	Wed	10:58	4.5	11:40	4.4	4:50	-0.6	5:19	-0.7	7:14	5:00	
22	Thu	11:55	4.2			5:45	-0.3	6:12	-0.5	7:13	5:01	
23	Fri	12:37	4.4	12:54	4.0	6:49	-0.1	7:13	-0.3	7:12	5:02	
24	Sat	1:34	4.4	1:53	3.7	8:00	0.0	8:18	-0.2	7:12	5:03	
25	Sun	2:33	4.3	2:55	3.6	9:09	0.0	9:23	-0.2	7:11	5:04	
26	Mon	3:35	4.3	4:01	3.5	10:12	-0.1	10:23	-0.2	7:10	5:05	
27	Tue	4:38	4.4	5:06	3.6	11:09	-0.2	11:18	-0.3	7:10	5:07	
28	Wed	5:36	4.5	6:03	3.8			12:01	-0.4	7:09	5:08	
29	Thu	6:27	4.6	6:52	3.9	12:09	-0.3	12:49	-0.5	7:08	5:09	
30	Fri	7:12	4.6	7:37	4.0	12:58	-0.4	1:35	-0.6	7:07	5:10	
31	Sat	7:55	4.6	8:19	4.1	1:45	-0.4	2:18	-0.6	7:06	5:12	