

Highlands, NJ - Jul 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	11:40	4.4	11:41	4.8	5:31	-0.1	5:37	0.4	5:29	8:29	
2	Fri			12:33	4.5	6:13	0.0	6:29	0.5	5:30	8:29	
3	Sat	12:36	4.7	1:27	4.7	7:01	0.1	7:30	0.6	5:30	8:29	
4	Sun	1:34	4.5	2:21	4.8	7:57	0.1	8:39	0.6	5:31	8:29	
5	Mon	2:31	4.4	3:17	5.0	8:59	0.2	9:49	0.5	5:31	8:29	
6	Tue	3:31	4.3	4:16	5.1	10:02	0.2	10:53	0.4	5:32	8:28	
7	Wed	4:37	4.2	5:18	5.2	11:02	0.1	11:53	0.2	5:33	8:28	
8	Thu	5:44	4.2	6:19	5.3			12:00	0.0	5:33	8:28	
9	Fri	6:46	4.4	7:14	5.5	12:48	0.0	12:55	0.0	5:34	8:27	
10	Sat	7:42	4.5	8:05	5.5	1:42	-0.2	1:49	0.0	5:35	8:27	
11	Sun	8:33	4.6	8:53	5.5	2:34	-0.3	2:41	0.0	5:35	8:27	
12	Mon	9:22	4.6	9:39	5.3	3:22	-0.3	3:31	0.1	5:36	8:26	
13	Tue	10:10	4.6	10:25	5.1	4:08	-0.3	4:18	0.2	5:37	8:26	
14	Wed	10:58	4.5	11:12	4.8	4:49	-0.2	5:02	0.4	5:37	8:25	
15	Thu	11:46	4.4	11:58	4.6	5:29	0.0	5:45	0.6	5:38	8:24	
16	Fri			12:34	4.3	6:07	0.2	6:29	0.8	5:39	8:24	
17	Sat	12:46	4.3	1:20	4.3	6:47	0.4	7:19	1.0	5:40	8:23	
18	Sun	1:33	4.1	2:05	4.2	7:30	0.6	8:16	1.2	5:41	8:23	
19	Mon	2:19	3.9	2:49	4.2	8:19	0.8	9:17	1.2	5:41	8:22	
20	Tue	3:07	3.7	3:34	4.2	9:13	0.9	10:16	1.1	5:42	8:21	
21	Wed	3:58	3.6	4:25	4.3	10:08	0.9	11:10	1.0	5:43	8:20	
22	Thu	4:55	3.6	5:19	4.4	11:01	0.8			5:44	8:20	
23	Fri	5:53	3.7	6:11	4.6	12:00	0.8	11:50 AM	0.7	5:45	8:19	
24	Sat	6:46	3.9	6:58	4.8	12:47	0.6	12:39	0.6	5:46	8:18	
25	Sun	7:32	4.1	7:41	5.0	1:33	0.3	1:26	0.4	5:47	8:17	
26	Mon	8:15	4.3	8:23	5.2	2:18	0.1	2:15	0.3	5:48	8:16	
27	Tue	8:58	4.5	9:04	5.3	3:03	-0.1	3:03	0.1	5:48	8:15	
28	Wed	9:41	4.7	9:48	5.2	3:46	-0.2	3:51	0.0	5:49	8:14	
29	Thu	10:27	4.8	10:35	5.1	4:28	-0.3	4:38	0.0	5:50	8:13	
30	Fri	11:17	4.9	11:26	5.0	5:09	-0.3	5:25	0.1	5:51	8:12	
31	Sat			12:11	5.0	5:52	-0.2	6:17	0.2	5:52	8:11	