

Highlands, NJ - Jan 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	12:16	3.7	12:14	3.8	6:06	0.5	6:39	0.2	7:18	4:40	
2	Mon	1:06	3.8	1:10	3.7	7:15	0.5	7:42	0.2	7:19	4:40	
3	Tue	1:59	4.0	2:10	3.7	8:29	0.4	8:47	0.0	7:19	4:41	
4	Wed	2:58	4.2	3:16	3.7	9:38	0.2	9:49	-0.2	7:19	4:42	
5	Thu	4:01	4.5	4:26	3.8	10:39	-0.2	10:48	-0.4	7:19	4:43	
6	Fri	5:05	4.8	5:31	4.0	11:36	-0.5	11:44	-0.7	7:19	4:44	
7	Sat	6:02	5.1	6:29	4.3			12:32	-0.8	7:19	4:45	
8	Sun	6:56	5.4	7:23	4.5	12:40	-0.9	1:26	-1.1	7:18	4:46	
9	Mon	7:48	5.4	8:16	4.6	1:36	-1.0	2:19	-1.2	7:18	4:47	
10	Tue	8:39	5.4	9:09	4.6	2:30	-1.0	3:09	-1.3	7:18	4:48	
11	Wed	9:31	5.2	10:04	4.5	3:22	-0.9	3:57	-1.2	7:18	4:49	
12	Thu	10:24	4.9	10:59	4.4	4:12	-0.7	4:43	-1.0	7:18	4:50	
13	Fri	11:18	4.6	11:53	4.2	5:02	-0.4	5:31	-0.7	7:17	4:51	
14	Sat			12:12	4.2	5:56	-0.1	6:21	-0.4	7:17	4:52	
15	Sun	12:46	4.1	1:04	3.9	6:55	0.2	7:15	-0.1	7:16	4:53	
16	Mon	1:37	3.9	1:55	3.6	7:59	0.4	8:11	0.1	7:16	4:54	
17	Tue	2:27	3.8	2:47	3.4	9:01	0.4	9:06	0.2	7:16	4:56	
18	Wed	3:19	3.8	3:43	3.3	9:58	0.4	9:57	0.2	7:15	4:57	
19	Thu	4:14	3.8	4:41	3.3	10:48	0.3	10:45	0.2	7:15	4:58	
20	Fri	5:07	3.9	5:34	3.4	11:35	0.1	11:30	0.1	7:14	4:59	
21	Sat	5:55	4.1	6:21	3.5			12:19	0.0	7:13	5:00	
22	Sun	6:37	4.2	7:03	3.7	12:15	0.0	1:02	-0.2	7:13	5:01	
23	Mon	7:15	4.3	7:43	3.8	12:59	-0.1	1:44	-0.3	7:12	5:03	
24	Tue	7:51	4.3	8:21	3.8	1:42	-0.2	2:24	-0.4	7:11	5:04	
25	Wed	8:26	4.3	8:58	3.8	2:23	-0.2	3:01	-0.4	7:11	5:05	
26	Thu	8:59	4.3	9:34	3.8	3:02	-0.2	3:36	-0.4	7:10	5:06	
27	Fri	9:34	4.2	10:12	3.8	3:39	-0.2	4:09	-0.4	7:09	5:07	
28	Sat	10:12	4.0	10:54	3.8	4:16	-0.1	4:43	-0.3	7:08	5:09	
29	Sun	10:57	3.9	11:42	3.9	4:56	0.0	5:19	-0.2	7:07	5:10	
30	Mon	11:49	3.8			5:44	0.1	6:04	-0.1	7:07	5:11	
31	Tue	12:34	4.0	12:47	3.6	6:47	0.2	7:04	0.0	7:06	5:12	