

Highlands, NJ - Jul 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	5:48	4.0	6:16	4.7	11:54	0.4			5:29	8:30	
2	Sun	6:41	4.0	7:02	4.8	12:44	0.4	12:38	0.4	5:29	8:29	
3	Mon	7:28	4.1	7:44	4.9	1:29	0.4	1:22	0.5	5:30	8:29	
4	Tue	8:12	4.1	8:23	4.9	2:13	0.3	2:06	0.5	5:30	8:29	
5	Wed	8:54	4.2	9:01	4.9	2:56	0.2	2:49	0.5	5:31	8:29	
6	Thu	9:35	4.2	9:37	4.8	3:37	0.2	3:31	0.5	5:32	8:29	
7	Fri	10:16	4.1	10:13	4.7	4:15	0.2	4:11	0.6	5:32	8:28	
8	Sat	10:57	4.1	10:48	4.5	4:51	0.2	4:49	0.7	5:33	8:28	
9	Sun	11:38	4.0	11:25	4.4	5:25	0.3	5:26	0.8	5:34	8:28	
10	Mon			12:20	4.0	5:58	0.4	6:04	0.9	5:34	8:27	
11	Tue	12:06	4.3	1:03	4.1	6:33	0.5	6:49	1.0	5:35	8:27	
12	Wed	12:53	4.2	1:47	4.3	7:14	0.6	7:48	1.0	5:36	8:26	
13	Thu	1:45	4.1	2:34	4.4	8:07	0.6	8:57	1.0	5:36	8:26	
14	Fri	2:39	4.0	3:26	4.6	9:09	0.6	10:06	0.8	5:37	8:25	
15	Sat	3:39	4.0	4:25	4.9	10:12	0.4	11:08	0.5	5:38	8:25	
16	Sun	4:47	4.1	5:28	5.1	11:13	0.3			5:39	8:24	
17	Mon	5:56	4.3	6:29	5.4	12:07	0.2	12:11	0.0	5:39	8:24	
18	Tue	6:58	4.5	7:26	5.7	1:02	-0.2	1:08	-0.2	5:40	8:23	
19	Wed	7:54	4.8	8:19	5.9	1:57	-0.4	2:05	-0.3	5:41	8:22	
20	Thu	8:49	5.0	9:11	5.9	2:51	-0.7	3:02	-0.4	5:42	8:22	
21	Fri	9:43	5.1	10:04	5.8	3:43	-0.8	3:57	-0.4	5:43	8:21	
22	Sat	10:38	5.1	10:58	5.5	4:33	-0.8	4:49	-0.3	5:44	8:20	
23	Sun	11:34	5.0	11:53	5.2	5:20	-0.7	5:41	-0.1	5:44	8:19	
24	Mon			12:30	5.0	6:08	-0.4	6:34	0.2	5:45	8:18	
25	Tue	12:48	4.9	1:24	4.8	6:57	-0.1	7:33	0.5	5:46	8:18	
26	Wed	1:42	4.6	2:16	4.7	7:50	0.2	8:35	0.7	5:47	8:17	
27	Thu	2:34	4.3	3:06	4.6	8:46	0.4	9:38	0.8	5:48	8:16	
28	Fri	3:26	4.1	3:57	4.5	9:42	0.6	10:37	0.8	5:49	8:15	
29	Sat	4:21	3.9	4:51	4.5	10:35	0.7	11:29	0.7	5:50	8:14	
30	Sun	5:18	3.8	5:45	4.5	11:24	0.7			5:51	8:13	
31	Mon	6:13	3.9	6:34	4.6	12:17	0.6	12:11	0.7	5:52	8:12	