

Highlands, NJ - Jan 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	9:47	5.2	10:21	4.4	3:36	-0.8	4:15	-1.1	7:18	4:39	
2	Tue	10:43	5.0	11:20	4.4	4:28	-0.6	5:05	-0.9	7:19	4:40	
3	Wed	11:41	4.7			5:23	-0.4	5:58	-0.7	7:19	4:41	
4	Thu	12:19	4.3	12:38	4.4	6:24	-0.1	6:55	-0.5	7:19	4:42	
5	Fri	1:15	4.3	1:34	4.1	7:31	0.1	7:55	-0.3	7:19	4:43	
6	Sat	2:10	4.2	2:29	3.9	8:39	0.2	8:54	-0.2	7:19	4:44	
7	Sun	3:05	4.2	3:27	3.7	9:41	0.2	9:49	-0.1	7:19	4:45	
8	Mon	4:03	4.2	4:27	3.6	10:37	0.1	10:39	-0.1	7:18	4:46	
9	Tue	4:59	4.2	5:23	3.6	11:27	0.0	11:26	-0.1	7:18	4:47	
10	Wed	5:48	4.3	6:13	3.7			12:14	-0.1	7:18	4:48	
11	Thu	6:32	4.4	6:57	3.8	12:11	-0.1	12:59	-0.2	7:18	4:49	
12	Fri	7:13	4.4	7:39	3.8	12:54	-0.1	1:42	-0.3	7:18	4:50	
13	Sat	7:51	4.4	8:20	3.8	1:37	-0.1	2:23	-0.3	7:17	4:51	
14	Sun	8:28	4.4	9:00	3.8	2:19	-0.1	3:01	-0.3	7:17	4:52	
15	Mon	9:04	4.2	9:39	3.7	2:58	-0.1	3:37	-0.3	7:17	4:53	
16	Tue	9:39	4.1	10:19	3.6	3:36	0.0	4:11	-0.2	7:16	4:54	
17	Wed	10:15	3.9	11:00	3.5	4:12	0.1	4:43	-0.1	7:16	4:55	
18	Thu	10:52	3.7	11:42	3.5	4:48	0.3	5:16	0.0	7:15	4:56	
19	Fri	11:34	3.6			5:27	0.4	5:53	0.2	7:15	4:58	
20	Sat	12:25	3.6	12:23	3.5	6:17	0.5	6:39	0.2	7:14	4:59	
21	Sun	1:11	3.7	1:15	3.4	7:24	0.6	7:40	0.3	7:14	5:00	
22	Mon	2:01	3.8	2:13	3.4	8:37	0.5	8:47	0.2	7:13	5:01	
23	Tue	2:58	4.0	3:19	3.4	9:43	0.2	9:50	0.0	7:12	5:02	
24	Wed	4:02	4.3	4:29	3.6	10:43	-0.1	10:49	-0.3	7:12	5:03	
25	Thu	5:06	4.6	5:34	3.8	11:39	-0.5	11:46	-0.6	7:11	5:05	
26	Fri	6:03	4.9	6:30	4.1			12:33	-0.8	7:10	5:06	
27	Sat	6:56	5.2	7:23	4.4	12:41	-0.8	1:26	-1.1	7:09	5:07	
28	Sun	7:47	5.4	8:15	4.6	1:37	-1.0	2:18	-1.3	7:09	5:08	
29	Mon	8:38	5.3	9:08	4.7	2:31	-1.1	3:07	-1.4	7:08	5:09	
30	Tue	9:30	5.2	10:01	4.6	3:23	-1.1	3:55	-1.3	7:07	5:11	
31	Wed	10:24	4.9	10:57	4.5	4:13	-0.9	4:42	-1.2	7:06	5:12	