

Highlands, NJ - Dec 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	5:40	5.1	6:04	4.6			12:05	-0.3	6:59	4:30	
2	Sun	6:30	5.3	6:55	4.6	12:12	-0.5	12:57	-0.5	7:00	4:30	
3	Mon	7:16	5.3	7:43	4.6	1:01	-0.5	1:47	-0.5	7:01	4:29	
4	Tue	8:01	5.3	8:30	4.4	1:48	-0.4	2:35	-0.5	7:02	4:29	
5	Wed	8:45	5.1	9:17	4.3	2:35	-0.3	3:20	-0.4	7:03	4:29	
6	Thu	9:30	4.8	10:06	4.1	3:18	-0.1	4:02	-0.2	7:04	4:29	
7	Fri	10:16	4.5	10:57	3.9	4:00	0.2	4:44	0.0	7:05	4:29	
8	Sat	11:03	4.3	11:48	3.7	4:42	0.4	5:27	0.2	7:05	4:29	
9	Sun	11:53	4.0			5:26	0.7	6:13	0.4	7:06	4:29	
10	Mon	12:38	3.7	12:41	3.8	6:18	0.9	7:05	0.5	7:07	4:29	
11	Tue	1:27	3.7	1:29	3.7	7:19	1.0	7:59	0.6	7:08	4:29	
12	Wed	2:14	3.7	2:17	3.6	8:23	1.0	8:52	0.6	7:09	4:29	
13	Thu	3:03	3.8	3:09	3.5	9:22	0.8	9:42	0.5	7:10	4:29	
14	Fri	3:54	3.9	4:05	3.5	10:15	0.6	10:28	0.3	7:10	4:30	
15	Sat	4:44	4.1	5:00	3.6	11:04	0.4	11:12	0.2	7:11	4:30	
16	Sun	5:31	4.4	5:49	3.8	11:51	0.1	11:55	0.0	7:12	4:30	
17	Mon	6:14	4.6	6:34	3.9			12:38	-0.1	7:12	4:30	
18	Tue	6:54	4.9	7:17	4.0	12:40	-0.1	1:25	-0.3	7:13	4:31	
19	Wed	7:35	5.0	8:00	4.1	1:26	-0.2	2:11	-0.5	7:14	4:31	
20	Thu	8:18	5.1	8:46	4.1	2:12	-0.3	2:57	-0.6	7:14	4:32	
21	Fri	9:04	5.1	9:36	4.1	2:59	-0.3	3:42	-0.7	7:15	4:32	
22	Sat	9:55	4.9	10:30	4.1	3:46	-0.3	4:28	-0.6	7:15	4:33	
23	Sun	10:50	4.8	11:29	4.1	4:36	-0.2	5:16	-0.6	7:16	4:33	
24	Mon	11:49	4.6			5:31	-0.1	6:10	-0.4	7:16	4:34	
25	Tue	12:29	4.2	12:48	4.4	6:35	0.1	7:10	-0.3	7:17	4:34	
26	Wed	1:26	4.3	1:46	4.2	7:46	0.2	8:12	-0.3	7:17	4:35	
27	Thu	2:24	4.4	2:45	4.1	8:56	0.1	9:13	-0.3	7:17	4:35	
28	Fri	3:23	4.4	3:47	4.0	9:59	0.0	10:09	-0.4	7:18	4:36	
29	Sat	4:24	4.6	4:50	4.0	10:57	-0.2	11:02	-0.4	7:18	4:37	
30	Sun	5:21	4.7	5:47	4.0	11:50	-0.3	11:52	-0.4	7:18	4:38	
31	Mon	6:12	4.8	6:38	4.1			12:40	-0.5	7:18	4:38	