US HARBORS www.USHarbors.com

Island Beach, NJ - Jan 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	4:24	0.3	4:24	0.3	11:09	0.1	11:18	0.0	7:17	4:42	
2	Fri	5:12	0.3	5:21	0.3			12:18	0.1	7:17	4:42	
3	Sat	6:07	0.4	6:28	0.3	12:19	0.0	1:21	0.0	7:17	4:43	
4	Sun	7:09	0.4	7:37	0.3	1:17	0.0	2:18	0.0	7:18	4:44	
5	Mon	8:10	0.4	8:38	0.3	2:14	0.0	3:13	0.0	7:18	4:45	
6	Tue	9:05	0.4	9:34	0.3	3:09	0.0	4:07	-0.1	7:17	4:46	
7	Wed	9:57	0.5	10:26	0.4	4:06	0.0	5:01	-0.1	7:17	4:47	
8	Thu	10:49	0.5	11:19	0.4	5:02	-0.1	5:52	-0.1	7:17	4:48	
9	Fri	11:40	0.5			5:57	-0.1	6:40	-0.1	7:17	4:49	
10	Sat	12:12	0.4	12:33	0.5	6:49	-0.1	7:27	-0.1	7:17	4:50	
11	Sun	1:08	0.4	1:27	0.4	7:40	-0.1	8:14	-0.1	7:17	4:51	
12	Mon	2:04	0.4	2:22	0.4	8:34	0.0	9:02	-0.1	7:16	4:52	
13	Tue	3:00	0.4	3:17	0.4	9:32	0.0	9:54	0.0	7:16	4:53	
14	Wed	3:53	0.4	4:10	0.3	10:37	0.0	10:51	0.0	7:16	4:54	
15	Thu	4:45	0.4	5:04	0.3	11:45	0.0	11:49	0.0	7:15	4:55	
16	Fri	5:38	0.4	6:02	0.3			12:49	0.0	7:15	4:56	
17	Sat	6:35	0.4	7:04	0.3	12:45	0.0	1:46	0.0	7:15	4:57	
18	Sun	7:33	0.4	8:03	0.3	1:37	0.0	2:37	0.0	7:14	4:58	
19	Mon	8:26	0.4	8:55	0.3	2:26	0.0	3:24	0.0	7:14	5:00	
20	Tue	9:12	0.4	9:40	0.3	3:13	0.0	4:09	0.0	7:13	5:01	
21	Wed	9:53	0.4	10:21	0.3	3:58	0.0	4:51	0.0	7:13	5:02	
22	Thu	10:32	0.4	11:01	0.3	4:42	0.0	5:31	0.0	7:12	5:03	
23	Fri	11:08	0.4	11:39	0.3	5:25	0.0	6:08	0.0	7:11	5:04	
24	Sat	11:42	0.4			6:05	0.0	6:42	0.0	7:11	5:05	
25	Sun	12:17	0.3	12:15	0.4	6:42	0.0	7:14	0.0	7:10	5:07	
26	Mon	12:53	0.3	12:47	0.3	7:17	0.0	7:43	0.0	7:09	5:08	
27	Tue	1:29	0.3	1:22	0.3	7:52	0.0	8:11	0.0	7:08	5:09	
28	Wed	2:07	0.3	2:03	0.3	8:30	0.0	8:41	0.0	7:08	5:10	
29	Thu	2:49	0.3	2:52	0.3	9:17	0.0	9:20	0.0	7:07	5:11	
30	Fri	3:36	0.3	3:46	0.3	10:23	0.1	10:17	0.0	7:06	5:12	
31	Sat	4:28	0.3	4:47	0.3	11:41	0.0	11:33	0.0	7:05	5:14	