US HARBORS www.USHarbors.com

Island Beach, NJ - Jan 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	10:17	0.4	10:42	0.4	4:29	0.0	5:11	-0.1	7:17	4:41	
2	Fri	11:02	0.4	11:29	0.4	5:18	0.0	5:57	-0.1	7:17	4:42	
3	Sat	11:46	0.4			6:04	0.0	6:39	-0.1	7:17	4:43	
4	Sun	12:14	0.4	12:29	0.4	6:47	0.0	7:18	0.0	7:17	4:44	
5	Mon	1:00	0.3	1:14	0.4	7:28	0.0	7:55	0.0	7:18	4:45	
6	Tue	1:47	0.3	2:00	0.4	8:09	0.0	8:33	0.0	7:17	4:46	
7	Wed	2:33	0.3	2:46	0.3	8:52	0.0	9:13	0.0	7:17	4:46	
8	Thu	3:19	0.3	3:32	0.3	9:43	0.1	9:59	0.0	7:17	4:47	
9	Fri	4:04	0.3	4:19	0.3	10:44	0.1	10:52	0.0	7:17	4:48	
10	Sat	4:49	0.3	5:08	0.3	11:48	0.1	11:48	0.0	7:17	4:49	
11	Sun	5:37	0.3	6:03	0.3			12:48	0.1	7:17	4:50	
12	Mon	6:30	0.3	7:02	0.3	12:44	0.0	1:42	0.0	7:17	4:51	
13	Tue	7:26	0.4	7:59	0.3	1:36	0.0	2:31	0.0	7:16	4:53	
14	Wed	8:17	0.4	8:50	0.3	2:25	0.0	3:19	0.0	7:16	4:54	
15	Thu	9:04	0.4	9:35	0.3	3:13	0.0	4:06	0.0	7:16	4:55	
16	Fri	9:47	0.4	10:19	0.4	4:01	0.0	4:52	-0.1	7:15	4:56	
17	Sat	10:30	0.4	11:03	0.4	4:50	0.0	5:37	-0.1	7:15	4:57	
18	Sun	11:14	0.4	11:49	0.4	5:39	-0.1	6:21	-0.1	7:14	4:58	
19	Mon			12:01	0.4	6:27	-0.1	7:04	-0.1	7:14	4:59	
20	Tue	12:38	0.4	12:50	0.4	7:14	-0.1	7:47	-0.1	7:13	5:00	
21	Wed	1:31	0.4	1:45	0.4	8:04	0.0	8:33	-0.1	7:13	5:01	
22	Thu	2:27	0.4	2:42	0.4	8:59	0.0	9:26	0.0	7:12	5:03	
23	Fri	3:24	0.4	3:41	0.4	10:03	0.0	10:27	0.0	7:12	5:04	
24	Sat	4:21	0.4	4:40	0.3	11:14	0.0	11:32	0.0	7:11	5:05	
25	Sun	5:20	0.4	5:42	0.3			12:23	0.0	7:10	5:06	
26	Mon	6:22	0.4	6:48	0.3	12:37	0.0	1:26	0.0	7:10	5:07	
27	Tue	7:25	0.4	7:53	0.3	1:37	0.0	2:23	0.0	7:09	5:08	
28	Wed	8:23	0.4	8:50	0.3	2:32	0.0	3:15	0.0	7:08	5:10	
29	Thu	9:14	0.4	9:39	0.3	3:23	0.0	4:03	0.0	7:07	5:11	
30	Fri	9:59	0.4	10:24	0.4	4:12	0.0	4:49	-0.1	7:06	5:12	
31	Sat	10:42	0.4	11:06	0.4	4:59	0.0	5:32	-0.1	7:05	5:13	