

Island Beach, NJ - Jan 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	12:11	0.4	12:34	0.5	6:50	-0.1	7:29	-0.1	7:17	4:41	
2	Tue	1:08	0.4	1:30	0.4	7:42	-0.1	8:19	-0.1	7:17	4:42	
3	Wed	2:07	0.4	2:28	0.4	8:37	0.0	9:12	-0.1	7:17	4:43	
4	Thu	3:06	0.4	3:25	0.4	9:38	0.0	10:09	0.0	7:17	4:44	
5	Fri	4:02	0.4	4:21	0.4	10:45	0.0	11:09	0.0	7:17	4:45	
6	Sat	4:57	0.4	5:16	0.3	11:53	0.0			7:17	4:46	
7	Sun	5:52	0.4	6:14	0.3	12:08	0.0	12:55	0.0	7:17	4:47	
8	Mon	6:50	0.4	7:14	0.3	1:03	0.0	1:51	0.0	7:17	4:48	
9	Tue	7:46	0.4	8:10	0.3	1:53	0.0	2:41	0.0	7:17	4:49	
10	Wed	8:35	0.4	9:00	0.3	2:40	0.0	3:28	0.0	7:17	4:50	
11	Thu	9:19	0.4	9:44	0.3	3:25	0.0	4:13	0.0	7:17	4:51	
12	Fri	10:00	0.4	10:26	0.3	4:08	0.0	4:56	0.0	7:17	4:52	
13	Sat	10:38	0.4	11:07	0.3	4:51	0.0	5:37	0.0	7:16	4:53	
14	Sun	11:15	0.4	11:47	0.3	5:33	0.0	6:15	0.0	7:16	4:54	
15	Mon	11:51	0.4			6:12	0.0	6:51	0.0	7:16	4:55	
16	Tue	12:26	0.3	12:26	0.4	6:50	0.0	7:25	0.0	7:15	4:56	
17	Wed	1:06	0.3	1:02	0.3	7:26	0.0	7:57	0.0	7:15	4:57	
18	Thu	1:47	0.3	1:39	0.3	8:02	0.0	8:30	0.0	7:14	4:58	
19	Fri	2:29	0.3	2:21	0.3	8:41	0.0	9:07	0.0	7:14	4:59	
20	Sat	3:12	0.3	3:10	0.3	9:31	0.0	9:53	0.0	7:13	5:01	
21	Sun	3:58	0.3	4:02	0.3	10:38	0.1	10:54	0.0	7:13	5:02	
22	Mon	4:48	0.3	5:00	0.3	11:51	0.0			7:12	5:03	
23	Tue	5:45	0.4	6:06	0.3	12:01	0.0	12:57	0.0	7:11	5:04	
24	Wed	6:49	0.4	7:16	0.3	1:04	0.0	1:57	0.0	7:11	5:05	
25	Thu	7:53	0.4	8:21	0.3	2:03	0.0	2:53	0.0	7:10	5:06	
26	Fri	8:50	0.4	9:17	0.4	3:00	-0.1	3:47	-0.1	7:09	5:07	
27	Sat	9:43	0.5	10:10	0.4	3:55	-0.1	4:40	-0.1	7:09	5:09	
28	Sun	10:34	0.5	11:02	0.4	4:51	-0.1	5:32	-0.1	7:08	5:10	
29	Mon	11:25	0.5	11:55	0.4	5:45	-0.1	6:21	-0.1	7:07	5:11	
30	Tue			12:17	0.5	6:37	-0.1	7:09	-0.1	7:06	5:12	
31	Wed	12:48	0.4	1:11	0.4	7:27	-0.1	7:56	-0.1	7:05	5:13	