

Lanoka Harbor, NJ - Dec 1969

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	4:04	0.3	3:55	0.3	9:59	0.1	10:56	0.1	6:58	4:32	
2	Tue	4:50	0.3	4:43	0.3	11:07	0.1	11:50	0.1	6:59	4:32	
3	Wed	5:36	0.3	5:33	0.3			12:15	0.1	7:00	4:32	
4	Thu	6:24	0.3	6:28	0.3	12:41	0.1	1:14	0.1	7:01	4:31	
5	Fri	7:15	0.4	7:28	0.3	1:28	0.0	2:08	0.0	7:02	4:31	
6	Sat	8:06	0.4	8:25	0.3	2:14	0.0	2:59	0.0	7:03	4:31	
7	Sun	8:55	0.4	9:17	0.4	3:00	0.0	3:50	0.0	7:04	4:31	
8	Mon	9:42	0.5	10:07	0.4	3:47	0.0	4:42	0.0	7:05	4:31	
9	Tue	10:29	0.5	10:57	0.4	4:38	0.0	5:34	0.0	7:06	4:31	
10	Wed	11:18	0.5	11:49	0.4	5:31	0.0	6:26	-0.1	7:07	4:31	
11	Thu			12:11	0.5	6:24	0.0	7:16	-0.1	7:08	4:31	
12	Fri	12:45	0.4	1:07	0.5	7:17	0.0	8:05	0.0	7:08	4:32	
13	Sat	1:46	0.4	2:07	0.4	8:10	0.0	8:57	0.0	7:09	4:32	
14	Sun	2:48	0.4	3:07	0.4	9:09	0.0	9:53	0.0	7:10	4:32	
15	Mon	3:48	0.4	4:05	0.4	10:16	0.0	10:53	0.0	7:10	4:32	
16	Tue	4:45	0.4	5:00	0.4	11:27	0.0	11:52	0.0	7:11	4:33	
17	Wed	5:40	0.4	5:56	0.3			12:34	0.0	7:12	4:33	
18	Thu	6:35	0.4	6:55	0.3	12:47	0.0	1:34	0.0	7:12	4:33	
19	Fri	7:31	0.4	7:54	0.3	1:38	0.0	2:28	0.0	7:13	4:34	
20	Sat	8:23	0.4	8:47	0.3	2:25	0.0	3:17	0.0	7:14	4:34	
21	Sun	9:10	0.4	9:35	0.3	3:10	0.0	4:04	0.0	7:14	4:35	
22	Mon	9:52	0.4	10:19	0.3	3:53	0.0	4:49	0.0	7:15	4:35	
23	Tue	10:31	0.4	11:01	0.3	4:37	0.0	5:32	0.0	7:15	4:36	
24	Wed	11:10	0.4	11:42	0.3	5:20	0.0	6:13	0.0	7:15	4:36	
25	Thu	11:47	0.4			6:02	0.0	6:52	0.0	7:16	4:37	
26	Fri	12:24	0.3	12:25	0.4	6:41	0.0	7:28	0.0	7:16	4:37	
27	Sat	1:06	0.3	1:02	0.4	7:18	0.0	8:03	0.0	7:17	4:38	
28	Sun	1:50	0.3	1:40	0.3	7:55	0.0	8:37	0.0	7:17	4:39	
29	Mon	2:34	0.3	2:20	0.3	8:33	0.1	9:12	0.0	7:17	4:40	
30	Tue	3:18	0.3	3:05	0.3	9:17	0.1	9:52	0.0	7:17	4:40	
31	Wed	4:00	0.3	3:52	0.3	10:14	0.1	10:40	0.0	7:17	4:41	