

Lanoka Harbor, NJ - Jan 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	4:43	0.3	4:43	0.3	11:26	0.1	11:35	0.0	7:18	4:42	
2	Fri	5:31	0.3	5:40	0.3			12:35	0.1	7:18	4:43	
3	Sat	6:26	0.4	6:47	0.3	12:36	0.0	1:38	0.0	7:18	4:44	
4	Sun	7:28	0.4	7:56	0.3	1:34	0.0	2:35	0.0	7:18	4:44	
5	Mon	8:29	0.4	8:57	0.3	2:31	0.0	3:30	0.0	7:18	4:45	
6	Tue	9:24	0.4	9:53	0.3	3:26	0.0	4:24	-0.1	7:18	4:46	
7	Wed	10:16	0.5	10:45	0.4	4:23	0.0	5:18	-0.1	7:18	4:47	
8	Thu	11:08	0.5	11:38	0.4	5:19	-0.1	6:09	-0.1	7:18	4:48	
9	Fri	11:59	0.5			6:14	-0.1	6:57	-0.1	7:17	4:49	
10	Sat	12:31	0.4	12:52	0.5	7:06	-0.1	7:44	-0.1	7:17	4:50	
11	Sun	1:27	0.4	1:46	0.4	7:57	-0.1	8:31	-0.1	7:17	4:51	
12	Mon	2:23	0.4	2:41	0.4	8:51	0.0	9:19	-0.1	7:17	4:52	
13	Tue	3:19	0.4	3:36	0.4	9:49	0.0	10:11	0.0	7:17	4:53	
14	Wed	4:12	0.4	4:29	0.3	10:54	0.0	11:08	0.0	7:16	4:54	
15	Thu	5:04	0.4	5:23	0.3			12:02	0.0	7:16	4:55	
16	Fri	5:57	0.4	6:21	0.3	12:06	0.0	1:06	0.0	7:15	4:56	
17	Sat	6:54	0.4	7:23	0.3	1:02	0.0	2:03	0.0	7:15	4:58	
18	Sun	7:52	0.4	8:22	0.3	1:54	0.0	2:54	0.0	7:14	4:59	
19	Mon	8:45	0.4	9:14	0.3	2:43	0.0	3:41	0.0	7:14	5:00	
20	Tue	9:31	0.4	9:59	0.3	3:30	0.0	4:26	0.0	7:13	5:01	
21	Wed	10:12	0.4	10:40	0.3	4:15	0.0	5:08	0.0	7:13	5:02	
22	Thu	10:51	0.4	11:20	0.3	4:59	0.0	5:48	0.0	7:12	5:03	
23	Fri	11:27	0.4	11:58	0.3	5:42	0.0	6:25	0.0	7:12	5:04	
24	Sat			12:01	0.4	6:22	0.0	6:59	0.0	7:11	5:06	
25	Sun	12:36	0.3	12:34	0.4	6:59	0.0	7:31	0.0	7:10	5:07	
26	Mon	1:12	0.3	1:06	0.3	7:34	0.0	8:00	0.0	7:09	5:08	
27	Tue	1:48	0.3	1:41	0.3	8:09	0.0	8:28	0.0	7:09	5:09	
28	Wed	2:26	0.3	2:22	0.3	8:47	0.0	8:58	0.0	7:08	5:10	
29	Thu	3:08	0.3	3:11	0.3	9:34	0.0	9:37	0.0	7:07	5:12	
30	Fri	3:55	0.3	4:05	0.3	10:40	0.1	10:34	0.0	7:06	5:13	
31	Sat	4:47	0.3	5:06	0.3	11:58	0.0	11:50	0.0	7:05	5:14	