

Lanoka Harbor, NJ - Aug 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	11:24	0.4	11:34	0.4	5:51	0.0	5:42	0.1	5:55	8:10	
2	Sun			12:05	0.4	6:32	0.0	6:26	0.1	5:55	8:09	
3	Mon	12:12	0.4	12:45	0.4	7:10	0.0	7:08	0.1	5:56	8:08	
4	Tue	12:48	0.4	1:23	0.4	7:45	0.0	7:47	0.1	5:57	8:07	
5	Wed	1:22	0.4	2:01	0.4	8:17	0.0	8:24	0.1	5:58	8:06	
6	Thu	1:56	0.4	2:38	0.4	8:47	0.0	8:59	0.1	5:59	8:05	
7	Fri	2:30	0.4	3:16	0.4	9:16	0.0	9:37	0.1	6:00	8:04	
8	Sat	3:09	0.4	3:55	0.4	9:44	0.1	10:20	0.1	6:01	8:02	
9	Sun	3:54	0.3	4:38	0.4	10:18	0.1	11:17	0.1	6:02	8:01	
10	Mon	4:45	0.3	5:26	0.4	11:04	0.1			6:03	8:00	
11	Tue	5:41	0.3	6:20	0.4	12:30	0.1	12:12	0.1	6:04	7:59	
12	Wed	6:44	0.3	7:24	0.4	1:42	0.1	1:29	0.1	6:05	7:57	
13	Thu	7:57	0.3	8:33	0.4	2:46	0.1	2:38	0.1	6:06	7:56	
14	Fri	9:08	0.3	9:36	0.5	3:43	0.0	3:40	0.0	6:07	7:55	
15	Sat	10:09	0.4	10:32	0.5	4:37	0.0	4:39	0.0	6:08	7:53	
16	Sun	11:02	0.4	11:24	0.5	5:29	0.0	5:36	0.0	6:09	7:52	
17	Mon	11:53	0.4			6:19	0.0	6:32	0.0	6:10	7:51	
18	Tue	12:14	0.5	12:44	0.5	7:07	-0.1	7:25	0.0	6:11	7:49	
19	Wed	1:04	0.5	1:35	0.5	7:53	-0.1	8:17	0.0	6:12	7:48	
20	Thu	1:55	0.5	2:28	0.5	8:38	-0.1	9:07	0.0	6:12	7:47	
21	Fri	2:48	0.4	3:22	0.5	9:22	0.0	10:00	0.0	6:13	7:45	
22	Sat	3:44	0.4	4:16	0.4	10:09	0.0	10:59	0.1	6:14	7:44	
23	Sun	4:40	0.4	5:09	0.4	11:02	0.0			6:15	7:42	
24	Mon	5:35	0.4	6:03	0.4	12:05	0.1	12:01	0.1	6:16	7:41	
25	Tue	6:32	0.3	6:58	0.4	1:13	0.1	1:05	0.1	6:17	7:39	
26	Wed	7:32	0.3	7:58	0.4	2:15	0.1	2:06	0.1	6:18	7:38	
27	Thu	8:34	0.3	8:57	0.4	3:09	0.1	3:01	0.1	6:19	7:36	
28	Fri	9:30	0.3	9:48	0.4	3:57	0.1	3:50	0.1	6:20	7:35	
29	Sat	10:18	0.4	10:31	0.4	4:40	0.1	4:35	0.1	6:21	7:33	
30	Sun	10:59	0.4	11:10	0.4	5:20	0.0	5:19	0.1	6:22	7:32	
31	Mon	11:38	0.4	11:45	0.4	5:59	0.0	6:02	0.1	6:23	7:30	