

Lanoka Harbor, NJ - Jan 1976

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