

Lanoka Harbor, NJ - Mar 1976

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