

Lanoka Harbor, NJ - May 1976

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