

Lanoka Harbor, NJ - Jun 1976

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