

Lanoka Harbor, NJ - Jul 1976

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