

Lanoka Harbor, NJ - Aug 1976

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