

Lanoka Harbor, NJ - Nov 1976

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