

Lanoka Harbor, NJ - Jan 1978

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