

Lanoka Harbor, NJ - Aug 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	10:09	0.4	10:25	0.4	4:33	0.0	4:27	0.1	5:55	8:10	
2	Wed	10:53	0.4	11:05	0.4	5:16	0.0	5:11	0.0	5:56	8:09	
3	Thu	11:34	0.4	11:43	0.4	5:58	0.0	5:56	0.0	5:56	8:08	
4	Fri			12:14	0.4	6:39	0.0	6:38	0.0	5:57	8:07	
5	Sat	12:18	0.4	12:52	0.4	7:17	0.0	7:19	0.0	5:58	8:06	
6	Sun	12:52	0.4	1:29	0.4	7:53	0.0	7:58	0.0	5:59	8:05	
7	Mon	1:26	0.4	2:06	0.4	8:26	0.0	8:35	0.1	6:00	8:03	
8	Tue	2:01	0.4	2:45	0.4	8:58	0.0	9:13	0.1	6:01	8:02	
9	Wed	2:42	0.4	3:28	0.4	9:31	0.0	9:56	0.1	6:02	8:01	
10	Thu	3:30	0.4	4:17	0.4	10:09	0.0	10:50	0.1	6:03	8:00	
11	Fri	4:25	0.4	5:09	0.4	10:59	0.1	11:59	0.1	6:04	7:59	
12	Sat	5:23	0.4	6:05	0.4			12:06	0.1	6:05	7:57	
13	Sun	6:25	0.4	7:06	0.4	1:12	0.1	1:18	0.0	6:06	7:56	
14	Mon	7:34	0.4	8:13	0.5	2:18	0.0	2:25	0.0	6:07	7:55	
15	Tue	8:44	0.4	9:17	0.5	3:18	0.0	3:27	0.0	6:08	7:53	
16	Wed	9:48	0.4	10:15	0.5	4:14	0.0	4:25	0.0	6:09	7:52	
17	Thu	10:45	0.4	11:09	0.5	5:08	0.0	5:22	0.0	6:10	7:51	
18	Fri	11:37	0.5			6:01	-0.1	6:17	0.0	6:11	7:49	
19	Sat	12:00	0.5	12:29	0.5	6:51	-0.1	7:11	0.0	6:12	7:48	
20	Sun	12:50	0.5	1:20	0.5	7:39	-0.1	8:01	0.0	6:13	7:46	
21	Mon	1:41	0.5	2:12	0.5	8:25	0.0	8:50	0.0	6:13	7:45	
22	Tue	2:33	0.5	3:04	0.4	9:09	0.0	9:39	0.0	6:14	7:44	
23	Wed	3:26	0.4	3:57	0.4	9:54	0.0	10:32	0.0	6:15	7:42	
24	Thu	4:19	0.4	4:48	0.4	10:43	0.0	11:31	0.1	6:16	7:41	
25	Fri	5:11	0.4	5:38	0.4	11:36	0.1			6:17	7:39	
26	Sat	6:03	0.4	6:28	0.4	12:33	0.1	12:34	0.1	6:18	7:38	
27	Sun	6:56	0.3	7:20	0.4	1:34	0.1	1:32	0.1	6:19	7:36	
28	Mon	7:52	0.3	8:16	0.4	2:29	0.1	2:26	0.1	6:20	7:35	
29	Tue	8:49	0.3	9:09	0.4	3:17	0.1	3:15	0.1	6:21	7:33	
30	Wed	9:41	0.4	9:56	0.4	4:02	0.1	4:01	0.1	6:22	7:32	
31	Thu	10:26	0.4	10:38	0.4	4:44	0.0	4:46	0.1	6:23	7:30	