

Lanoka Harbor, NJ - Jan 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	12:30	0.4	12:53	0.5	7:07	-0.1	7:46	-0.1	7:18	4:42	
2	Tue	1:27	0.4	1:49	0.4	7:59	-0.1	8:36	-0.1	7:18	4:42	
3	Wed	2:26	0.4	2:47	0.4	8:54	0.0	9:29	-0.1	7:18	4:43	
4	Thu	3:25	0.4	3:44	0.4	9:55	0.0	10:26	0.0	7:18	4:44	
5	Fri	4:21	0.4	4:40	0.4	11:02	0.0	11:26	0.0	7:18	4:45	
6	Sat	5:16	0.4	5:35	0.3			12:10	0.0	7:18	4:46	
7	Sun	6:11	0.4	6:33	0.3	12:25	0.0	1:12	0.0	7:18	4:47	
8	Mon	7:09	0.4	7:33	0.3	1:20	0.0	2:08	0.0	7:18	4:48	
9	Tue	8:05	0.4	8:29	0.3	2:10	0.0	2:58	0.0	7:17	4:49	
10	Wed	8:54	0.4	9:19	0.3	2:57	0.0	3:45	0.0	7:17	4:50	
11	Thu	9:38	0.4	10:03	0.3	3:42	0.0	4:30	0.0	7:17	4:51	
12	Fri	10:19	0.4	10:45	0.3	4:25	0.0	5:13	0.0	7:17	4:52	
13	Sat	10:57	0.4	11:26	0.3	5:08	0.0	5:54	0.0	7:17	4:53	
14	Sun	11:34	0.4			5:50	0.0	6:32	0.0	7:16	4:54	
15	Mon	12:06	0.3	12:10	0.4	6:29	0.0	7:08	0.0	7:16	4:55	
16	Tue	12:45	0.3	12:45	0.4	7:07	0.0	7:42	0.0	7:15	4:56	
17	Wed	1:25	0.3	1:21	0.3	7:43	0.0	8:14	0.0	7:15	4:57	
18	Thu	2:06	0.3	1:58	0.3	8:19	0.0	8:47	0.0	7:15	4:58	
19	Fri	2:48	0.3	2:40	0.3	8:58	0.0	9:24	0.0	7:14	5:00	
20	Sat	3:31	0.3	3:29	0.3	9:48	0.0	10:10	0.0	7:14	5:01	
21	Sun	4:17	0.3	4:21	0.3	10:55	0.1	11:11	0.0	7:13	5:02	
22	Mon	5:07	0.3	5:19	0.3			12:08	0.0	7:12	5:03	
23	Tue	6:04	0.4	6:25	0.3	12:18	0.0	1:14	0.0	7:12	5:04	
24	Wed	7:08	0.4	7:35	0.3	1:21	0.0	2:14	0.0	7:11	5:05	
25	Thu	8:12	0.4	8:40	0.3	2:20	0.0	3:10	0.0	7:10	5:07	
26	Fri	9:09	0.4	9:36	0.4	3:17	-0.1	4:04	-0.1	7:10	5:08	
27	Sat	10:02	0.5	10:29	0.4	4:12	-0.1	4:57	-0.1	7:09	5:09	
28	Sun	10:53	0.5	11:21	0.4	5:08	-0.1	5:49	-0.1	7:08	5:10	
29	Mon	11:44	0.5			6:02	-0.1	6:38	-0.1	7:07	5:11	
30	Tue	12:14	0.4	12:36	0.5	6:54	-0.1	7:26	-0.1	7:06	5:12	
31	Wed	1:07	0.4	1:30	0.4	7:44	-0.1	8:13	-0.1	7:05	5:14	