

North Highlands Beach, NJ - Jan 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	8:16	6.1	8:40	4.6	1:48	-0.8	2:42	-0.7	7:18	4:47	☀
2	Fri	9:00	6.0	9:24	4.6	2:35	-0.7	3:24	-0.6	7:18	4:48	☀
3	Sat	9:43	5.8	10:07	4.5	3:19	-0.6	4:05	-0.5	7:18	4:49	☀
4	Sun	10:24	5.6	10:50	4.4	4:03	-0.4	4:46	-0.4	7:19	4:50	☀
5	Mon	11:05	5.2	11:32	4.3	4:47	-0.1	5:27	-0.2	7:19	4:51	☀
6	Tue	11:45	4.9			5:33	0.1	6:10	0.0	7:19	4:51	☀
7	Wed	12:15	4.3	12:27	4.6	6:23	0.4	6:53	0.1	7:19	4:52	☀
8	Thu	1:00	4.2	1:12	4.2	7:14	0.6	7:37	0.2	7:18	4:53	☀
9	Fri	1:49	4.2	2:01	3.9	8:08	0.8	8:23	0.3	7:18	4:54	☀
10	Sat	2:43	4.3	2:58	3.7	9:06	0.8	9:12	0.3	7:18	4:55	☀
11	Sun	3:41	4.4	3:59	3.6	10:06	0.8	10:03	0.3	7:18	4:56	☀
12	Mon	4:36	4.6	4:55	3.7	11:04	0.6	10:53	0.1	7:18	4:57	☀
13	Tue	5:26	4.9	5:47	3.8	11:57	0.4	11:43	-0.1	7:18	4:58	☀
14	Wed	6:14	5.2	6:36	4.0			12:45	0.1	7:17	4:59	☀
15	Thu	7:00	5.5	7:23	4.2	12:32	-0.4	1:29	-0.2	7:17	5:00	☀
16	Fri	7:45	5.8	8:09	4.5	1:19	-0.6	2:12	-0.5	7:17	5:01	☀
17	Sat	8:29	6.0	8:55	4.7	2:06	-0.9	2:53	-0.8	7:16	5:02	☀
18	Sun	9:14	6.0	9:40	4.9	2:52	-1.0	3:35	-1.0	7:16	5:04	☀
19	Mon	9:59	6.0	10:28	5.0	3:39	-1.1	4:19	-1.0	7:15	5:05	☀
20	Tue	10:46	5.8	11:18	5.1	4:29	-1.0	5:06	-1.0	7:15	5:06	☀
21	Wed	11:36	5.4			5:23	-0.8	5:56	-0.9	7:14	5:07	☀
22	Thu	12:12	5.2	12:29	5.0	6:21	-0.5	6:49	-0.7	7:14	5:08	☀
23	Fri	1:08	5.2	1:26	4.6	7:23	-0.3	7:45	-0.6	7:13	5:09	☀
24	Sat	2:11	5.2	2:32	4.2	8:30	-0.1	8:44	-0.4	7:12	5:10	☀
25	Sun	3:19	5.2	3:44	4.0	9:41	0.0	9:47	-0.4	7:12	5:11	☀
26	Mon	4:27	5.3	4:53	4.0	10:51	0.0	10:50	-0.4	7:11	5:13	☀
27	Tue	5:29	5.5	5:55	4.1	11:56	-0.1	11:50	-0.4	7:10	5:14	☀
28	Wed	6:25	5.6	6:49	4.2			12:53	-0.3	7:10	5:15	☀
29	Thu	7:15	5.7	7:39	4.4	12:46	-0.5	1:43	-0.4	7:09	5:16	☀
30	Fri	8:01	5.7	8:23	4.5	1:37	-0.6	2:25	-0.5	7:08	5:17	☀
31	Sat	8:43	5.6	9:03	4.6	2:22	-0.7	3:03	-0.6	7:07	5:18	☀