

North Highlands Beach, NJ - Jul 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu			12:16	5.2	6:06	0.0	6:13	0.2	5:37	8:29	
2	Fri	12:28	6.0	1:06	5.3	6:53	-0.1	7:08	0.3	5:38	8:29	
3	Sat	1:17	5.7	1:58	5.5	7:43	-0.1	8:07	0.4	5:38	8:29	
4	Sun	2:09	5.5	2:54	5.6	8:35	0.0	9:09	0.5	5:39	8:29	
5	Mon	3:08	5.2	3:56	5.8	9:29	0.0	10:14	0.5	5:39	8:28	
6	Tue	4:13	4.9	5:01	6.1	10:27	0.0	11:21	0.4	5:40	8:28	
7	Wed	5:21	4.8	6:02	6.3	11:26	0.0			5:41	8:28	
8	Thu	6:26	4.8	7:00	6.5	12:26	0.3	12:25	-0.1	5:41	8:27	
9	Fri	7:26	4.9	7:56	6.7	1:28	0.1	1:23	-0.2	5:42	8:27	
10	Sat	8:23	5.0	8:49	6.7	2:26	0.0	2:19	-0.2	5:43	8:27	
11	Sun	9:17	5.1	9:39	6.7	3:17	-0.2	3:11	-0.2	5:43	8:26	
12	Mon	10:06	5.2	10:25	6.5	4:04	-0.2	4:00	-0.1	5:44	8:26	
13	Tue	10:53	5.2	11:09	6.3	4:47	-0.1	4:47	0.0	5:45	8:25	
14	Wed	11:38	5.2	11:52	6.0	5:30	0.0	5:34	0.3	5:45	8:25	
15	Thu			12:22	5.2	6:13	0.2	6:23	0.6	5:46	8:24	
16	Fri	12:35	5.6	1:06	5.1	6:56	0.4	7:13	0.9	5:47	8:24	
17	Sat	1:17	5.3	1:51	5.1	7:39	0.5	8:04	1.1	5:48	8:23	
18	Sun	2:01	4.9	2:37	5.0	8:23	0.7	8:57	1.3	5:48	8:23	
19	Mon	2:47	4.6	3:27	5.0	9:07	0.8	9:53	1.4	5:49	8:22	
20	Tue	3:40	4.4	4:21	5.1	9:54	0.9	10:51	1.4	5:50	8:21	
21	Wed	4:38	4.3	5:16	5.3	10:43	0.9	11:48	1.3	5:51	8:21	
22	Thu	5:35	4.2	6:07	5.5	11:33	0.9			5:52	8:20	
23	Fri	6:28	4.3	6:55	5.7	12:41	1.2	12:23	0.7	5:52	8:19	
24	Sat	7:18	4.5	7:41	6.0	1:29	0.9	1:12	0.6	5:53	8:18	
25	Sun	8:05	4.7	8:26	6.2	2:14	0.7	2:00	0.3	5:54	8:17	
26	Mon	8:52	4.9	9:10	6.4	2:55	0.4	2:46	0.1	5:55	8:17	
27	Tue	9:36	5.2	9:53	6.5	3:35	0.1	3:32	0.0	5:56	8:16	
28	Wed	10:21	5.4	10:37	6.4	4:15	-0.1	4:18	-0.1	5:57	8:15	
29	Thu	11:07	5.6	11:22	6.3	4:57	-0.2	5:06	-0.1	5:58	8:14	
30	Fri	11:54	5.8			5:41	-0.2	5:57	0.0	5:58	8:13	
31	Sat	12:10	6.1	12:45	5.9	6:28	-0.2	6:53	0.2	5:59	8:12	