

North Highlands Beach, NJ - Aug 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	1:00	5.8	1:38	6.0	7:19	-0.1	7:53	0.4	6:00	8:11	
2	Mon	1:54	5.4	2:35	6.1	8:12	0.0	8:55	0.5	6:01	8:10	
3	Tue	2:53	5.1	3:39	6.1	9:08	0.1	10:01	0.6	6:02	8:09	
4	Wed	4:01	4.9	4:46	6.2	10:08	0.3	11:10	0.7	6:03	8:08	
5	Thu	5:12	4.8	5:50	6.3	11:11	0.3			6:04	8:07	
6	Fri	6:17	4.8	6:49	6.4	12:17	0.6	12:13	0.3	6:05	8:05	
7	Sat	7:16	5.0	7:44	6.5	1:17	0.5	1:12	0.2	6:06	8:04	
8	Sun	8:10	5.1	8:35	6.5	2:12	0.3	2:08	0.1	6:07	8:03	
9	Mon	9:00	5.3	9:21	6.5	3:00	0.2	2:59	0.1	6:07	8:02	
10	Tue	9:45	5.4	10:03	6.3	3:42	0.1	3:44	0.1	6:08	8:01	
11	Wed	10:26	5.5	10:43	6.1	4:21	0.2	4:27	0.3	6:09	8:00	
12	Thu	11:06	5.5	11:22	5.9	4:58	0.2	5:09	0.5	6:10	7:58	
13	Fri	11:45	5.5			5:35	0.4	5:52	0.7	6:11	7:57	
14	Sat	12:00	5.6	12:25	5.4	6:13	0.6	6:37	0.9	6:12	7:56	
15	Sun	12:40	5.3	1:06	5.4	6:53	0.7	7:24	1.2	6:13	7:54	
16	Mon	1:21	5.0	1:50	5.3	7:35	0.9	8:14	1.4	6:14	7:53	
17	Tue	2:05	4.7	2:37	5.3	8:20	1.1	9:07	1.5	6:15	7:52	
18	Wed	2:55	4.5	3:30	5.3	9:07	1.1	10:04	1.6	6:16	7:50	
19	Thu	3:53	4.3	4:29	5.4	9:59	1.2	11:02	1.5	6:17	7:49	
20	Fri	4:55	4.4	5:27	5.6	10:53	1.1	11:57	1.3	6:18	7:48	
21	Sat	5:53	4.5	6:19	5.8	11:48	0.9			6:18	7:46	
22	Sun	6:45	4.8	7:08	6.1	12:48	1.1	12:41	0.7	6:19	7:45	
23	Mon	7:34	5.1	7:56	6.3	1:35	0.8	1:33	0.4	6:20	7:43	
24	Tue	8:22	5.5	8:43	6.5	2:20	0.4	2:23	0.1	6:21	7:42	
25	Wed	9:08	5.8	9:29	6.6	3:03	0.1	3:12	-0.1	6:22	7:40	
26	Thu	9:55	6.2	10:15	6.6	3:46	-0.1	4:00	-0.3	6:23	7:39	
27	Fri	10:42	6.4	11:02	6.4	4:29	-0.3	4:50	-0.2	6:24	7:38	
28	Sat	11:31	6.6	11:52	6.1	5:14	-0.3	5:42	-0.1	6:25	7:36	
29	Sun			12:23	6.6	6:02	-0.2	6:38	0.1	6:26	7:35	
30	Mon	12:45	5.8	1:18	6.5	6:55	0.0	7:39	0.4	6:27	7:33	
31	Tue	1:41	5.4	2:17	6.4	7:51	0.3	8:43	0.6	6:27	7:31	