

North Highlands Beach, NJ - Jan 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	12:50	4.3	12:59	4.7	6:57	0.3	7:29	0.0	7:18	4:48	
2	Mon	1:42	4.5	1:52	4.5	7:54	0.3	8:21	-0.1	7:18	4:48	
3	Tue	2:40	4.7	2:54	4.3	8:56	0.3	9:16	-0.3	7:18	4:49	
4	Wed	3:43	5.0	4:01	4.3	10:01	0.1	10:14	-0.4	7:19	4:50	
5	Thu	4:45	5.4	5:05	4.4	11:05	-0.2	11:13	-0.7	7:19	4:51	
6	Fri	5:43	5.8	6:06	4.5			12:07	-0.5	7:19	4:52	
7	Sat	6:39	6.2	7:05	4.7	12:10	-0.9	1:05	-0.8	7:18	4:53	
8	Sun	7:35	6.5	8:01	4.9	1:07	-1.2	2:00	-1.1	7:18	4:54	
9	Mon	8:28	6.6	8:55	5.0	2:01	-1.3	2:52	-1.3	7:18	4:55	
10	Tue	9:20	6.6	9:48	5.1	2:54	-1.4	3:41	-1.3	7:18	4:56	
11	Wed	10:11	6.3	10:41	5.1	3:46	-1.3	4:31	-1.2	7:18	4:57	
12	Thu	11:03	6.0	11:34	5.0	4:39	-1.0	5:22	-1.0	7:18	4:58	
13	Fri	11:54	5.5			5:36	-0.6	6:14	-0.7	7:17	4:59	
14	Sat	12:28	4.9	12:46	5.0	6:35	-0.3	7:07	-0.5	7:17	5:00	
15	Sun	1:23	4.7	1:40	4.5	7:36	0.1	8:00	-0.2	7:17	5:01	
16	Mon	2:21	4.6	2:38	4.2	8:40	0.3	8:53	0.0	7:16	5:02	
17	Tue	3:22	4.6	3:40	3.9	9:46	0.5	9:48	0.1	7:16	5:03	
18	Wed	4:21	4.6	4:39	3.8	10:49	0.5	10:40	0.1	7:15	5:04	
19	Thu	5:13	4.7	5:31	3.8	11:46	0.4	11:30	0.1	7:15	5:05	
20	Fri	5:59	4.9	6:18	3.8			12:36	0.3	7:14	5:06	
21	Sat	6:42	5.1	7:02	4.0	12:16	0.0	1:19	0.1	7:14	5:07	
22	Sun	7:23	5.2	7:43	4.1	12:59	-0.2	1:57	-0.1	7:13	5:09	
23	Mon	8:01	5.4	8:22	4.2	1:39	-0.3	2:31	-0.2	7:13	5:10	
24	Tue	8:38	5.4	9:00	4.3	2:17	-0.4	3:03	-0.3	7:12	5:11	
25	Wed	9:14	5.4	9:36	4.4	2:54	-0.4	3:35	-0.4	7:11	5:12	
26	Thu	9:50	5.4	10:13	4.5	3:31	-0.4	4:09	-0.4	7:11	5:13	
27	Fri	10:26	5.2	10:52	4.5	4:10	-0.4	4:45	-0.4	7:10	5:14	
28	Sat	11:04	5.0	11:34	4.6	4:53	-0.3	5:24	-0.4	7:09	5:15	
29	Sun	11:46	4.8			5:40	-0.2	6:08	-0.3	7:08	5:17	
30	Mon	12:19	4.7	12:32	4.6	6:32	0.0	6:56	-0.3	7:08	5:18	
31	Tue	1:10	4.8	1:24	4.3	7:29	0.1	7:49	-0.3	7:07	5:19	