

North Highlands Beach, NJ - Mar 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	12:46	5.3	1:07	4.4	7:11	0.0	7:25	-0.2	6:32	5:52	
2	Thu	1:45	5.3	2:11	4.2	8:14	0.1	8:25	-0.1	6:30	5:53	
3	Fri	2:54	5.3	3:25	4.2	9:21	0.1	9:32	-0.1	6:29	5:54	
4	Sat	4:07	5.4	4:39	4.3	10:30	0.0	10:39	-0.2	6:27	5:55	
5	Sun	5:13	5.6	5:43	4.6	11:35	-0.2	11:44	-0.5	6:26	5:56	
6	Mon	6:13	5.9	6:41	5.0			12:34	-0.5	6:24	5:57	
7	Tue	7:09	6.0	7:34	5.3	12:44	-0.7	1:27	-0.7	6:23	5:58	
8	Wed	8:00	6.1	8:23	5.6	1:40	-0.9	2:14	-0.9	6:21	5:59	
9	Thu	8:47	6.0	9:09	5.7	2:31	-1.0	2:58	-0.9	6:20	6:00	
10	Fri	9:32	5.8	9:53	5.7	3:18	-1.0	3:39	-0.8	6:18	6:01	
11	Sat	10:15	5.5	10:35	5.6	4:04	-0.7	4:21	-0.6	6:17	6:02	
12	Sun	10:58	5.2	11:18	5.4	4:50	-0.4	5:03	-0.3	6:15	6:03	
13	Mon	11:41	4.8			5:38	-0.1	5:47	0.0	6:14	6:04	
14	Tue	12:02	5.2	12:26	4.4	6:28	0.3	6:33	0.3	6:12	6:05	
15	Wed	12:48	4.9	1:14	4.1	7:20	0.6	7:22	0.6	6:11	6:06	
16	Thu	1:38	4.7	2:08	3.9	8:16	0.8	8:15	0.8	6:09	6:07	
17	Fri	2:36	4.6	3:11	3.8	9:17	1.0	9:12	0.9	6:08	6:08	
18	Sat	3:39	4.6	4:14	3.9	10:18	0.9	10:11	0.8	6:06	6:09	
19	Sun	4:39	4.7	5:09	4.1	11:12	0.8	11:06	0.7	6:04	6:10	
20	Mon	5:30	4.9	5:56	4.4	11:59	0.6	11:57	0.4	6:03	6:11	
21	Tue	6:16	5.1	6:40	4.7			12:40	0.4	6:01	6:12	
22	Wed	6:59	5.3	7:21	5.0	12:43	0.2	1:18	0.1	6:00	6:13	
23	Thu	7:41	5.4	8:01	5.3	1:27	-0.1	1:54	-0.1	5:58	6:14	
24	Fri	8:21	5.5	8:40	5.6	2:09	-0.3	2:30	-0.3	5:56	6:15	
25	Sat	9:00	5.5	9:20	5.8	2:50	-0.5	3:07	-0.4	5:55	6:16	
26	Sun	9:41	5.4	10:02	6.0	3:32	-0.6	3:47	-0.5	5:53	6:17	
27	Mon	10:24	5.3	10:47	6.0	4:17	-0.5	4:29	-0.4	5:52	6:18	
28	Tue	11:10	5.1	11:36	5.9	5:06	-0.4	5:16	-0.3	5:50	6:19	
29	Wed			12:02	4.8	6:00	-0.2	6:09	-0.1	5:49	6:20	
30	Thu	12:30	5.8	12:59	4.6	6:58	0.0	7:08	0.1	5:47	6:21	
31	Fri	1:30	5.7	2:05	4.5	8:01	0.2	8:11	0.2	5:45	6:22	