

North Highlands Beach, NJ - Jun 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	6:15	5.1	6:47	5.8	12:11	0.5	12:19	0.2	5:35	8:19	
2	Fri	7:07	5.0	7:34	5.9	1:09	0.4	1:08	0.2	5:35	8:19	
3	Sat	7:55	4.9	8:18	6.0	2:02	0.3	1:53	0.2	5:35	8:20	
4	Sun	8:40	4.8	8:58	6.1	2:48	0.2	2:35	0.2	5:34	8:21	
5	Mon	9:22	4.8	9:36	6.1	3:29	0.2	3:14	0.2	5:34	8:21	
6	Tue	10:01	4.7	10:13	6.0	4:07	0.2	3:52	0.3	5:34	8:22	
7	Wed	10:40	4.7	10:50	5.9	4:43	0.3	4:29	0.4	5:34	8:23	
8	Thu	11:19	4.6	11:27	5.8	5:20	0.3	5:08	0.5	5:33	8:23	
9	Fri			12:00	4.6	5:58	0.5	5:49	0.7	5:33	8:24	
10	Sat	12:07	5.6	12:42	4.5	6:39	0.6	6:33	0.9	5:33	8:24	
11	Sun	12:47	5.5	1:25	4.5	7:20	0.6	7:21	1.0	5:33	8:25	
12	Mon	1:30	5.3	2:10	4.6	8:03	0.7	8:11	1.1	5:33	8:25	
13	Tue	2:15	5.1	2:59	4.7	8:48	0.7	9:05	1.1	5:33	8:26	
14	Wed	3:05	4.9	3:53	4.9	9:35	0.6	10:02	1.0	5:33	8:26	
15	Thu	4:01	4.8	4:49	5.3	10:24	0.5	11:01	0.8	5:33	8:27	
16	Fri	5:01	4.8	5:43	5.6	11:16	0.3			5:33	8:27	
17	Sat	5:59	4.8	6:36	6.1	12:00	0.6	12:09	0.1	5:33	8:27	
18	Sun	6:55	5.0	7:28	6.5	12:58	0.2	1:02	-0.2	5:33	8:28	
19	Mon	7:52	5.1	8:22	6.8	1:54	-0.1	1:56	-0.4	5:33	8:28	
20	Tue	8:48	5.2	9:15	7.0	2:49	-0.4	2:49	-0.6	5:33	8:28	
21	Wed	9:43	5.3	10:08	7.1	3:41	-0.6	3:41	-0.6	5:34	8:28	
22	Thu	10:38	5.4	11:01	7.0	4:32	-0.7	4:34	-0.6	5:34	8:29	
23	Fri	11:34	5.5	11:55	6.8	5:25	-0.7	5:29	-0.4	5:34	8:29	
24	Sat			12:31	5.5	6:19	-0.5	6:28	-0.2	5:34	8:29	
25	Sun	12:51	6.5	1:29	5.5	7:15	-0.4	7:30	0.1	5:35	8:29	
26	Mon	1:47	6.0	2:27	5.4	8:11	-0.2	8:34	0.4	5:35	8:29	
27	Tue	2:45	5.6	3:28	5.4	9:06	0.0	9:40	0.6	5:35	8:29	
28	Wed	3:46	5.2	4:30	5.5	10:01	0.2	10:47	0.7	5:36	8:29	
29	Thu	4:48	4.9	5:29	5.6	10:56	0.3	11:51	0.7	5:36	8:29	
30	Fri	5:47	4.7	6:21	5.7	11:48	0.4			5:37	8:29	