

Red Bank, Navesink River, NJ - Nov 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	4:11	3.5	4:31	3.5	11:15	0.5	11:39	0.3	6:26	4:53	
2	Tue	5:04	3.6	5:23	3.5			12:08	0.5	6:27	4:52	
3	Wed	5:56	3.7	6:14	3.5	12:27	0.2	12:59	0.4	6:28	4:51	
4	Thu	6:44	3.9	7:03	3.5	1:13	0.2	1:46	0.3	6:29	4:49	
5	Fri	7:30	4.0	7:48	3.5	1:57	0.2	2:31	0.2	6:31	4:48	
6	Sat	8:13	4.1	8:32	3.6	2:39	0.2	3:15	0.2	6:32	4:47	
7	Sun	8:56	4.2	9:16	3.6	3:20	0.2	3:58	0.2	6:33	4:46	
8	Mon	9:38	4.3	10:01	3.5	4:01	0.3	4:41	0.2	6:34	4:45	
9	Tue	10:22	4.2	10:46	3.5	4:42	0.3	5:24	0.2	6:35	4:44	
10	Wed	11:07	4.2	11:33	3.4	5:22	0.4	6:06	0.3	6:36	4:43	
11	Thu	11:53	4.1			6:02	0.5	6:50	0.3	6:38	4:42	
12	Fri	12:20	3.4	12:40	4.0	6:44	0.6	7:36	0.4	6:39	4:41	
13	Sat	1:09	3.4	1:29	3.9	7:34	0.7	8:27	0.4	6:40	4:40	
14	Sun	2:01	3.4	2:20	3.8	8:37	0.7	9:20	0.4	6:41	4:40	
15	Mon	2:54	3.5	3:13	3.7	9:40	0.7	10:11	0.3	6:42	4:39	
16	Tue	3:48	3.7	4:08	3.7	10:40	0.5	11:01	0.1	6:43	4:38	
17	Wed	4:43	3.9	5:03	3.7	11:37	0.3	11:52	0.0	6:44	4:37	
18	Thu	5:38	4.2	5:59	3.7			12:33	0.1	6:46	4:36	
19	Fri	6:32	4.4	6:55	3.8	12:43	-0.2	1:28	-0.1	6:47	4:36	
20	Sat	7:25	4.7	7:48	3.9	1:35	-0.3	2:21	-0.3	6:48	4:35	
21	Sun	8:16	4.8	8:39	3.9	2:26	-0.4	3:13	-0.5	6:49	4:35	
22	Mon	9:07	4.9	9:31	3.9	3:18	-0.5	4:05	-0.5	6:50	4:34	
23	Tue	9:57	4.8	10:23	3.8	4:10	-0.5	4:57	-0.5	6:51	4:33	
24	Wed	10:48	4.7	11:16	3.7	5:03	-0.4	5:48	-0.5	6:52	4:33	
25	Thu	11:40	4.4			5:57	-0.2	6:39	-0.4	6:53	4:32	
26	Fri	12:08	3.6	12:30	4.2	6:52	0.0	7:32	-0.2	6:55	4:32	
27	Sat	1:01	3.5	1:21	3.9	7:50	0.2	8:27	-0.1	6:56	4:31	
28	Sun	1:54	3.4	2:13	3.6	8:50	0.3	9:22	0.0	6:57	4:31	
29	Mon	2:48	3.4	3:05	3.4	9:50	0.4	10:14	0.1	6:58	4:31	
30	Tue	3:40	3.4	3:56	3.2	10:46	0.4	11:04	0.1	6:59	4:30	