

Seaside Heights, NJ - Mar 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	7:23	4.5	7:43	4.3	1:20	-0.3	1:39	-0.4	6:28	5:48	●
2	Tue	8:01	4.3	8:19	4.3	2:00	-0.3	2:15	-0.4	6:27	5:49	●
3	Wed	8:38	4.2	8:54	4.2	2:37	-0.2	2:48	-0.3	6:25	5:50	●
4	Thu	9:16	4.0	9:29	4.1	3:13	-0.1	3:19	-0.1	6:24	5:51	●
5	Fri	9:54	3.7	10:04	4.0	3:48	0.1	3:50	0.1	6:22	5:52	◐
6	Sat	10:36	3.5	10:44	3.9	4:24	0.3	4:22	0.3	6:21	5:53	◑
7	Sun	11:22	3.4	11:29	3.8	5:05	0.5	5:00	0.5	6:19	5:54	◑
8	Mon			12:12	3.3	6:02	0.7	5:54	0.6	6:18	5:55	◑
9	Tue	12:20	3.8	1:06	3.3	7:14	0.7	7:08	0.7	6:16	5:56	◑
10	Wed	1:17	3.9	2:06	3.4	8:23	0.6	8:22	0.5	6:14	5:57	◑
11	Thu	2:21	4.0	3:11	3.6	9:22	0.3	9:26	0.2	6:13	5:58	◑
12	Fri	3:30	4.2	4:13	4.0	10:15	0.0	10:24	-0.1	6:11	5:59	◑
13	Sat	4:32	4.5	5:07	4.4	11:05	-0.4	11:18	-0.5	6:10	6:01	○
14	Sun	5:26	4.9	5:57	4.9	11:54	-0.7			6:08	6:02	○
15	Mon	6:16	5.1	6:45	5.2	12:12	-0.8	12:42	-0.9	6:06	6:03	○
16	Tue	7:05	5.2	7:33	5.4	1:05	-1.0	1:30	-1.1	6:05	6:04	○
17	Wed	7:54	5.1	8:23	5.5	1:57	-1.1	2:18	-1.1	6:03	6:05	○
18	Thu	8:46	4.9	9:15	5.3	2:47	-1.1	3:04	-1.0	6:02	6:06	○
19	Fri	9:40	4.7	10:10	5.1	3:37	-0.9	3:52	-0.7	6:00	6:07	○
20	Sat	10:38	4.4	11:08	4.9	4:29	-0.6	4:43	-0.3	5:58	6:08	○
21	Sun	11:38	4.1			5:27	-0.2	5:42	0.1	5:57	6:09	○
22	Mon	12:06	4.6	12:37	3.9	6:31	0.1	6:50	0.4	5:55	6:10	○
23	Tue	1:04	4.4	1:36	3.8	7:39	0.2	7:59	0.5	5:53	6:11	◐
24	Wed	2:03	4.2	2:37	3.8	8:41	0.3	9:02	0.5	5:52	6:12	◑
25	Thu	3:04	4.1	3:38	3.9	9:36	0.2	9:57	0.4	5:50	6:13	◑
26	Fri	4:03	4.1	4:33	4.1	10:24	0.1	10:45	0.2	5:49	6:14	◑
27	Sat	4:54	4.2	5:19	4.3	11:07	0.0	11:30	0.1	5:47	6:15	◑
28	Sun	5:38	4.3	6:00	4.5	11:48	-0.1			5:45	6:16	◑
29	Mon	6:19	4.4	6:37	4.6	12:13	0.0	12:27	-0.1	5:44	6:17	◑
30	Tue	6:57	4.4	7:12	4.7	12:55	-0.1	1:05	-0.1	5:42	6:18	◑
31	Wed	7:34	4.3	7:46	4.6	1:35	-0.1	1:41	-0.1	5:40	6:19	●