

Seaside Heights, NJ - Jul 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	10:53	4.5	10:54	4.9	4:45	-0.1	4:51	0.4	5:31	8:28	
2	Fri	11:46	4.6	11:49	4.8	5:27	0.0	5:43	0.5	5:31	8:28	
3	Sat			12:40	4.8	6:15	0.1	6:44	0.6	5:32	8:28	
4	Sun	12:47	4.6	1:34	4.9	7:11	0.1	7:53	0.6	5:32	8:28	
5	Mon	1:44	4.5	2:30	5.1	8:13	0.2	9:03	0.5	5:33	8:27	
6	Tue	2:44	4.4	3:29	5.2	9:16	0.2	10:07	0.4	5:34	8:27	
7	Wed	3:50	4.3	4:31	5.3	10:16	0.1	11:07	0.2	5:34	8:27	
8	Thu	4:57	4.3	5:32	5.5	11:14	0.0			5:35	8:27	
9	Fri	5:59	4.5	6:27	5.6	12:02	0.0	12:09	0.0	5:35	8:26	
10	Sat	6:55	4.6	7:18	5.6	12:56	-0.2	1:03	0.0	5:36	8:26	
11	Sun	7:46	4.7	8:06	5.6	1:48	-0.3	1:55	0.0	5:37	8:25	
12	Mon	8:35	4.7	8:52	5.4	2:36	-0.4	2:45	0.1	5:38	8:25	
13	Tue	9:23	4.7	9:38	5.2	3:22	-0.3	3:32	0.2	5:38	8:24	
14	Wed	10:11	4.6	10:25	4.9	4:03	-0.2	4:16	0.4	5:39	8:24	
15	Thu	10:59	4.5	11:11	4.7	4:43	0.0	4:59	0.6	5:40	8:23	
16	Fri	11:47	4.4	11:59	4.4	5:21	0.2	5:43	0.8	5:41	8:23	
17	Sat			12:33	4.4	6:01	0.4	6:33	1.1	5:41	8:22	
18	Sun	12:46	4.1	1:18	4.3	6:44	0.7	7:30	1.2	5:42	8:22	
19	Mon	1:32	3.9	2:02	4.3	7:33	0.8	8:31	1.2	5:43	8:21	
20	Tue	2:20	3.8	2:47	4.3	8:27	0.9	9:30	1.2	5:44	8:20	
21	Wed	3:11	3.7	3:38	4.4	9:22	0.9	10:24	1.0	5:45	8:19	
22	Thu	4:08	3.7	4:32	4.5	10:15	0.8	11:14	0.8	5:45	8:19	
23	Fri	5:06	3.8	5:24	4.7	11:04	0.7			5:46	8:18	
24	Sat	5:59	4.0	6:11	4.9	12:01	0.6	11:53 AM	0.6	5:47	8:17	
25	Sun	6:45	4.2	6:54	5.1	12:47	0.3	12:40	0.4	5:48	8:16	
26	Mon	7:28	4.4	7:36	5.3	1:32	0.1	1:29	0.3	5:49	8:15	
27	Tue	8:11	4.6	8:17	5.4	2:17	-0.1	2:17	0.1	5:50	8:14	
28	Wed	8:54	4.8	9:01	5.4	3:00	-0.2	3:05	0.0	5:51	8:13	
29	Thu	9:40	4.9	9:48	5.3	3:42	-0.3	3:52	0.0	5:52	8:12	
30	Fri	10:30	5.0	10:39	5.1	4:23	-0.3	4:39	0.1	5:53	8:11	
31	Sat	11:24	5.1	11:35	4.8	5:06	-0.2	5:31	0.2	5:53	8:10	