

Seaside Heights, NJ - Aug 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun			12:19	5.1	5:53	-0.1	6:30	0.4	5:54	8:09	
2	Mon	12:33	4.6	1:16	5.1	6:49	0.1	7:37	0.5	5:55	8:08	
3	Tue	1:32	4.4	2:12	5.1	7:52	0.3	8:47	0.6	5:56	8:07	
4	Wed	2:32	4.3	3:12	5.1	8:59	0.3	9:53	0.5	5:57	8:06	
5	Thu	3:37	4.2	4:15	5.1	10:02	0.3	10:52	0.3	5:58	8:05	
6	Fri	4:44	4.3	5:16	5.2	11:01	0.3	11:46	0.1	5:59	8:04	
7	Sat	5:46	4.4	6:12	5.3	11:55	0.2			6:00	8:03	
8	Sun	6:39	4.6	7:01	5.4	12:37	0.0	12:47	0.2	6:01	8:01	
9	Mon	7:28	4.7	7:46	5.4	1:25	-0.1	1:37	0.1	6:02	8:00	
10	Tue	8:12	4.8	8:29	5.3	2:11	-0.1	2:24	0.2	6:03	7:59	
11	Wed	8:55	4.8	9:11	5.1	2:53	-0.1	3:08	0.3	6:04	7:58	
12	Thu	9:38	4.8	9:53	4.8	3:32	0.0	3:49	0.4	6:05	7:56	
13	Fri	10:20	4.7	10:35	4.6	4:08	0.1	4:29	0.6	6:06	7:55	
14	Sat	11:03	4.5	11:20	4.3	4:43	0.3	5:09	0.8	6:07	7:54	
15	Sun	11:47	4.4			5:17	0.5	5:51	1.0	6:08	7:52	
16	Mon	12:06	4.1	12:31	4.4	5:54	0.8	6:41	1.2	6:09	7:51	
17	Tue	12:53	3.9	1:16	4.3	6:38	1.0	7:42	1.3	6:10	7:50	
18	Wed	1:42	3.8	2:01	4.3	7:34	1.1	8:47	1.3	6:10	7:48	
19	Thu	2:32	3.7	2:50	4.3	8:37	1.1	9:46	1.1	6:11	7:47	
20	Fri	3:28	3.7	3:46	4.5	9:38	1.0	10:40	0.9	6:12	7:45	
21	Sat	4:29	3.8	4:45	4.7	10:34	0.8	11:28	0.6	6:13	7:44	
22	Sun	5:25	4.1	5:39	4.9	11:25	0.6			6:14	7:42	
23	Mon	6:15	4.4	6:27	5.2	12:15	0.3	12:16	0.3	6:15	7:41	
24	Tue	7:00	4.8	7:12	5.4	1:00	0.1	1:06	0.1	6:16	7:40	
25	Wed	7:44	5.1	7:56	5.5	1:46	-0.2	1:56	-0.1	6:17	7:38	
26	Thu	8:29	5.3	8:42	5.5	2:31	-0.4	2:47	-0.2	6:18	7:37	
27	Fri	9:16	5.5	9:31	5.4	3:15	-0.4	3:36	-0.3	6:19	7:35	
28	Sat	10:06	5.5	10:23	5.1	3:59	-0.4	4:25	-0.2	6:20	7:33	
29	Sun	11:01	5.4	11:21	4.9	4:44	-0.3	5:17	0.0	6:21	7:32	
30	Mon	11:59	5.4			5:33	-0.1	6:15	0.3	6:22	7:30	
31	Tue	12:21	4.6	12:58	5.2	6:29	0.2	7:21	0.5	6:23	7:29	