

Seaside Heights, NJ - Nov 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	2:44	4.4	3:04	4.4	9:10	0.8	9:30	0.4	6:25	4:53	
2	Tue	3:39	4.5	3:58	4.3	10:00	0.6	10:13	0.4	6:26	4:52	
3	Wed	4:28	4.6	4:47	4.4	10:46	0.5	10:53	0.3	6:27	4:51	
4	Thu	5:11	4.8	5:31	4.4	11:29	0.4	11:33	0.3	6:28	4:50	
5	Fri	5:50	4.9	6:11	4.4			12:11	0.3	6:30	4:49	
6	Sat	6:27	5.0	6:50	4.4	12:12	0.3	12:53	0.2	6:31	4:48	
7	Sun	7:01	5.0	7:28	4.3	12:51	0.3	1:34	0.2	6:32	4:47	
8	Mon	7:35	4.9	8:06	4.2	1:29	0.3	2:13	0.2	6:33	4:46	
9	Tue	8:07	4.8	8:44	4.0	2:06	0.4	2:51	0.3	6:34	4:45	
10	Wed	8:40	4.7	9:26	3.9	2:42	0.6	3:27	0.4	6:35	4:44	
11	Thu	9:16	4.6	10:12	3.8	3:17	0.7	4:05	0.5	6:37	4:43	
12	Fri	10:00	4.4	11:03	3.8	3:54	0.8	4:46	0.6	6:38	4:42	
13	Sat	10:55	4.4	11:56	3.9	4:38	0.9	5:37	0.7	6:39	4:41	
14	Sun	11:53	4.3			5:39	1.0	6:38	0.7	6:40	4:40	
15	Mon	12:49	4.1	12:52	4.3	6:55	0.9	7:41	0.5	6:41	4:40	
16	Tue	1:44	4.3	1:53	4.4	8:08	0.7	8:40	0.2	6:42	4:39	
17	Wed	2:43	4.6	2:58	4.5	9:12	0.4	9:34	-0.1	6:43	4:38	
18	Thu	3:43	5.0	4:03	4.6	10:10	0.0	10:26	-0.3	6:45	4:37	
19	Fri	4:40	5.4	5:02	4.8	11:06	-0.4	11:18	-0.5	6:46	4:37	
20	Sat	5:33	5.8	5:56	4.9			12:00	-0.6	6:47	4:36	
21	Sun	6:24	5.9	6:49	5.0	12:11	-0.7	12:55	-0.8	6:48	4:35	
22	Mon	7:15	6.0	7:42	4.9	1:04	-0.7	1:48	-0.8	6:49	4:35	
23	Tue	8:06	5.8	8:36	4.8	1:57	-0.6	2:39	-0.8	6:50	4:34	
24	Wed	9:00	5.5	9:33	4.6	2:48	-0.4	3:28	-0.6	6:51	4:34	
25	Thu	9:55	5.2	10:32	4.4	3:38	-0.1	4:18	-0.4	6:52	4:33	
26	Fri	10:53	4.9	11:31	4.3	4:31	0.2	5:11	-0.1	6:53	4:33	
27	Sat	11:48	4.6			5:29	0.5	6:07	0.2	6:54	4:32	
28	Sun	12:25	4.2	12:41	4.3	6:34	0.7	7:05	0.3	6:55	4:32	
29	Mon	1:17	4.1	1:33	4.1	7:39	0.8	8:00	0.4	6:56	4:32	
30	Tue	2:09	4.2	2:26	3.9	8:38	0.8	8:50	0.4	6:57	4:32	