

Seaside Heights, NJ - Jan 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	11:27	3.9			5:20	0.5	5:53	0.2	7:17	4:41	
2	Mon	12:19	3.9	12:23	3.8	6:29	0.5	6:56	0.2	7:17	4:42	
3	Tue	1:12	4.1	1:23	3.8	7:43	0.4	8:01	0.0	7:18	4:43	
4	Wed	2:11	4.3	2:29	3.8	8:52	0.2	9:03	-0.2	7:18	4:44	
5	Thu	3:14	4.6	3:39	3.9	9:53	-0.2	10:02	-0.4	7:18	4:45	
6	Fri	4:18	4.9	4:44	4.1	10:50	-0.5	10:58	-0.7	7:18	4:46	
7	Sat	5:15	5.2	5:42	4.4	11:46	-0.8	11:54	-0.9	7:17	4:47	
8	Sun	6:09	5.5	6:36	4.6			12:40	-1.1	7:17	4:47	
9	Mon	7:01	5.6	7:29	4.7	12:50	-1.0	1:33	-1.2	7:17	4:48	
10	Tue	7:52	5.5	8:22	4.7	1:44	-1.0	2:23	-1.3	7:17	4:49	
11	Wed	8:44	5.3	9:17	4.6	2:36	-0.9	3:11	-1.2	7:17	4:50	
12	Thu	9:37	5.0	10:12	4.5	3:26	-0.7	3:57	-1.0	7:16	4:52	
13	Fri	10:31	4.7	11:06	4.3	4:16	-0.4	4:45	-0.7	7:16	4:53	
14	Sat	11:25	4.3	11:59	4.2	5:10	-0.1	5:35	-0.4	7:16	4:54	
15	Sun			12:17	4.0	6:09	0.2	6:29	-0.1	7:15	4:55	
16	Mon	12:50	4.0	1:08	3.7	7:13	0.4	7:25	0.1	7:15	4:56	
17	Tue	1:40	3.9	2:00	3.5	8:15	0.5	8:20	0.2	7:15	4:57	
18	Wed	2:32	3.9	2:56	3.4	9:12	0.4	9:11	0.2	7:14	4:58	
19	Thu	3:27	3.9	3:54	3.4	10:02	0.3	9:59	0.2	7:14	4:59	
20	Fri	4:20	4.0	4:47	3.5	10:49	0.1	10:44	0.1	7:13	5:00	
21	Sat	5:08	4.2	5:34	3.6	11:33	0.0	11:29	0.0	7:13	5:01	
22	Sun	5:50	4.3	6:16	3.8			12:16	-0.2	7:12	5:03	
23	Mon	6:28	4.4	6:56	3.8	12:13	-0.1	12:58	-0.3	7:11	5:04	
24	Tue	7:04	4.4	7:34	3.9	12:56	-0.2	1:38	-0.4	7:11	5:05	
25	Wed	7:39	4.4	8:11	3.9	1:37	-0.2	2:15	-0.4	7:10	5:06	
26	Thu	8:12	4.4	8:47	3.9	2:16	-0.2	2:50	-0.4	7:09	5:07	
27	Fri	8:47	4.3	9:25	3.9	2:53	-0.2	3:23	-0.4	7:08	5:09	
28	Sat	9:25	4.1	10:07	3.9	3:30	-0.1	3:57	-0.3	7:08	5:10	
29	Sun	10:10	4.0	10:55	4.0	4:10	0.0	4:33	-0.2	7:07	5:11	
30	Mon	11:02	3.8	11:47	4.1	4:58	0.1	5:18	-0.1	7:06	5:12	
31	Tue			12:00	3.7	6:01	0.2	6:18	0.0	7:05	5:13	