

Seaside Heights, NJ - Jul 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	5:01	4.1	5:29	4.8	11:08	0.4	11:58	0.5	5:31	8:28	
2	Sun	5:54	4.1	6:15	4.9	11:52	0.5			5:31	8:28	
3	Mon	6:41	4.2	6:57	5.0	12:43	0.4	12:36	0.5	5:32	8:28	
4	Tue	7:25	4.2	7:36	5.0	1:27	0.3	1:20	0.5	5:32	8:28	
5	Wed	8:07	4.3	8:14	5.0	2:10	0.2	2:03	0.5	5:33	8:28	
6	Thu	8:48	4.3	8:50	4.9	2:51	0.2	2:45	0.5	5:33	8:27	
7	Fri	9:29	4.2	9:26	4.8	3:29	0.2	3:25	0.6	5:34	8:27	
8	Sat	10:10	4.2	10:01	4.6	4:05	0.2	4:03	0.7	5:34	8:27	
9	Sun	10:51	4.1	10:38	4.5	4:39	0.3	4:40	0.8	5:35	8:26	
10	Mon	11:33	4.1	11:19	4.4	5:12	0.4	5:18	0.9	5:36	8:26	
11	Tue			12:16	4.2	5:47	0.5	6:03	1.0	5:36	8:26	
12	Wed	12:06	4.3	1:00	4.3	6:28	0.6	7:02	1.0	5:37	8:25	
13	Thu	12:58	4.2	1:47	4.5	7:21	0.6	8:11	1.0	5:38	8:25	
14	Fri	1:52	4.1	2:39	4.7	8:23	0.6	9:20	0.8	5:39	8:24	
15	Sat	2:52	4.1	3:38	5.0	9:26	0.5	10:22	0.5	5:39	8:24	
16	Sun	4:00	4.2	4:41	5.2	10:27	0.3	11:21	0.2	5:40	8:23	
17	Mon	5:09	4.4	5:42	5.6	11:25	0.0			5:41	8:22	
18	Tue	6:11	4.6	6:39	5.8	12:16	-0.2	12:22	-0.2	5:42	8:22	
19	Wed	7:07	4.9	7:32	6.0	1:11	-0.4	1:19	-0.3	5:43	8:21	
20	Thu	8:02	5.1	8:24	6.0	2:05	-0.7	2:16	-0.4	5:43	8:20	
21	Fri	8:56	5.2	9:17	5.9	2:57	-0.8	3:11	-0.4	5:44	8:20	
22	Sat	9:51	5.2	10:11	5.6	3:47	-0.8	4:03	-0.3	5:45	8:19	
23	Sun	10:47	5.2	11:06	5.3	4:34	-0.7	4:55	-0.1	5:46	8:18	
24	Mon	11:43	5.1			5:22	-0.5	5:48	0.2	5:47	8:17	
25	Tue	12:01	5.0	12:37	5.0	6:11	-0.1	6:47	0.5	5:48	8:17	
26	Wed	12:55	4.7	1:29	4.8	7:04	0.2	7:49	0.7	5:49	8:16	
27	Thu	1:47	4.4	2:19	4.7	8:00	0.4	8:52	0.8	5:49	8:15	
28	Fri	2:39	4.2	3:10	4.6	8:56	0.6	9:51	0.8	5:50	8:14	
29	Sat	3:34	4.0	4:04	4.6	9:49	0.7	10:43	0.8	5:51	8:13	
30	Sun	4:31	3.9	4:58	4.6	10:38	0.7	11:31	0.6	5:52	8:12	
31	Mon	5:26	4.0	5:47	4.7	11:25	0.7			5:53	8:11	