

Seaside Heights, NJ - Jan 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	9:00	5.4	9:34	4.5	2:50	-0.8	3:29	-1.1	7:17	4:41	
2	Tue	9:56	5.1	10:33	4.5	3:42	-0.7	4:19	-1.0	7:17	4:42	
3	Wed	10:54	4.8	11:32	4.4	4:37	-0.4	5:12	-0.7	7:18	4:43	
4	Thu	11:51	4.5			5:38	-0.1	6:09	-0.5	7:18	4:44	
5	Fri	12:28	4.4	12:47	4.2	6:45	0.1	7:09	-0.3	7:18	4:44	
6	Sat	1:23	4.3	1:42	4.0	7:53	0.2	8:08	-0.2	7:18	4:45	
7	Sun	2:18	4.3	2:40	3.8	8:55	0.2	9:03	-0.1	7:17	4:46	
8	Mon	3:16	4.2	3:40	3.7	9:51	0.1	9:53	-0.1	7:17	4:47	
9	Tue	4:12	4.3	4:36	3.7	10:41	0.0	10:40	-0.1	7:17	4:48	
10	Wed	5:01	4.4	5:26	3.8	11:28	-0.1	11:25	-0.1	7:17	4:49	
11	Thu	5:45	4.5	6:10	3.8			12:13	-0.2	7:17	4:50	
12	Fri	6:26	4.5	6:52	3.9	12:08	-0.1	12:56	-0.3	7:17	4:51	
13	Sat	7:04	4.5	7:33	3.9	12:51	-0.1	1:37	-0.3	7:16	4:52	
14	Sun	7:41	4.5	8:13	3.8	1:33	-0.1	2:15	-0.3	7:16	4:53	
15	Mon	8:17	4.3	8:52	3.8	2:12	-0.1	2:51	-0.3	7:16	4:54	
16	Tue	8:52	4.2	9:32	3.7	2:50	0.0	3:25	-0.2	7:15	4:56	
17	Wed	9:28	4.0	10:13	3.6	3:26	0.1	3:57	-0.1	7:15	4:57	
18	Thu	10:05	3.8	10:55	3.6	4:02	0.3	4:30	0.1	7:14	4:58	
19	Fri	10:47	3.7	11:38	3.6	4:41	0.4	5:07	0.2	7:14	4:59	
20	Sat	11:36	3.6			5:31	0.5	5:53	0.3	7:13	5:00	
21	Sun	12:24	3.7	12:28	3.5	6:38	0.6	6:54	0.3	7:13	5:01	
22	Mon	1:14	3.9	1:26	3.4	7:51	0.5	8:01	0.2	7:12	5:02	
23	Tue	2:11	4.1	2:32	3.5	8:57	0.2	9:04	0.0	7:11	5:04	
24	Wed	3:15	4.3	3:42	3.6	9:57	-0.1	10:03	-0.3	7:11	5:05	
25	Thu	4:19	4.7	4:47	3.9	10:53	-0.5	11:00	-0.6	7:10	5:06	
26	Fri	5:16	5.0	5:43	4.2	11:47	-0.8	11:55	-0.8	7:09	5:07	
27	Sat	6:09	5.3	6:36	4.5			12:40	-1.1	7:09	5:08	
28	Sun	7:00	5.5	7:28	4.7	12:51	-1.0	1:32	-1.3	7:08	5:09	
29	Mon	7:51	5.5	8:21	4.8	1:45	-1.1	2:21	-1.4	7:07	5:11	
30	Tue	8:43	5.3	9:14	4.7	2:37	-1.1	3:09	-1.4	7:06	5:12	
31	Wed	9:37	5.0	10:10	4.6	3:27	-1.0	3:56	-1.2	7:05	5:13	