

Seaside Heights, NJ - Jan 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	6:12	4.9	6:39	4.2			12:44	-0.5	7:17	4:41	
2	Wed	6:56	4.9	7:24	4.1	12:42	-0.4	1:30	-0.5	7:17	4:42	
3	Thu	7:37	4.8	8:08	4.0	1:27	-0.3	2:12	-0.5	7:17	4:42	
4	Fri	8:19	4.6	8:53	3.9	2:10	-0.2	2:52	-0.4	7:18	4:43	
5	Sat	9:00	4.4	9:39	3.8	2:50	0.0	3:30	-0.3	7:18	4:44	
6	Sun	9:43	4.1	10:26	3.7	3:29	0.1	4:07	-0.1	7:18	4:45	
7	Mon	10:27	3.9	11:13	3.6	4:09	0.4	4:45	0.1	7:17	4:46	
8	Tue	11:12	3.7	11:58	3.6	4:52	0.6	5:27	0.3	7:17	4:47	
9	Wed	11:57	3.5			5:43	0.7	6:15	0.4	7:17	4:48	
10	Thu	12:43	3.6	12:43	3.4	6:46	0.8	7:10	0.5	7:17	4:49	
11	Fri	1:28	3.7	1:33	3.3	7:51	0.8	8:06	0.4	7:17	4:50	
12	Sat	2:17	3.8	2:29	3.3	8:51	0.6	8:59	0.3	7:17	4:51	
13	Sun	3:11	4.0	3:30	3.3	9:46	0.3	9:50	0.1	7:16	4:52	
14	Mon	4:06	4.2	4:29	3.5	10:37	0.0	10:39	-0.1	7:16	4:53	
15	Tue	4:57	4.6	5:21	3.8	11:27	-0.3	11:28	-0.3	7:16	4:54	
16	Wed	5:44	4.9	6:09	4.0			12:16	-0.6	7:15	4:55	
17	Thu	6:30	5.1	6:56	4.2	12:18	-0.5	1:05	-0.8	7:15	4:56	
18	Fri	7:16	5.2	7:44	4.3	1:09	-0.7	1:53	-1.0	7:14	4:58	
19	Sat	8:05	5.3	8:34	4.4	2:00	-0.8	2:39	-1.1	7:14	4:59	
20	Sun	8:56	5.1	9:28	4.4	2:49	-0.8	3:25	-1.1	7:13	5:00	
21	Mon	9:50	4.9	10:25	4.4	3:39	-0.7	4:12	-1.0	7:13	5:01	
22	Tue	10:47	4.7	11:23	4.4	4:33	-0.5	5:03	-0.8	7:12	5:02	
23	Wed	11:44	4.4			5:33	-0.2	5:59	-0.6	7:12	5:03	
24	Thu	12:19	4.4	12:41	4.1	6:41	0.0	7:00	-0.4	7:11	5:04	
25	Fri	1:16	4.3	1:39	3.9	7:50	0.1	8:03	-0.2	7:10	5:06	
26	Sat	2:14	4.3	2:40	3.7	8:56	0.0	9:02	-0.2	7:09	5:07	
27	Sun	3:15	4.3	3:44	3.7	9:54	-0.1	9:57	-0.2	7:09	5:08	
28	Mon	4:15	4.3	4:43	3.7	10:47	-0.2	10:47	-0.2	7:08	5:09	
29	Tue	5:08	4.4	5:35	3.8	11:36	-0.3	11:35	-0.3	7:07	5:10	
30	Wed	5:55	4.5	6:21	3.9			12:23	-0.4	7:06	5:12	
31	Thu	6:37	4.6	7:04	4.0	12:22	-0.3	1:07	-0.5	7:05	5:13	