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# Seven Island, Newmans Thorofare, NJ - Sep 1970

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Tue | 9:23 | 3.7 | 9:28 | 3.8 | 3:18 | 0.3 | 3:26 | 0.4 | 6:25 | 7:29 | |
| 2 | Wed | 9:57 | 3.7 | 10:00 | 3.7 | 3:53 | 0.3 | 4:05 | 0.4 | 6:26 | 7:27 | |
| 3 | Thu | 10:30 | 3.7 | 10:32 | 3.5 | 4:25 | 0.3 | 4:42 | 0.5 | 6:27 | 7:26 | |
| 4 | Fri | 11:02 | 3.7 | 11:04 | 3.4 | 4:54 | 0.4 | 5:17 | 0.6 | 6:28 | 7:24 | |
| 5 | Sat | 11:35 | 3.7 | 11:42 | 3.2 | 5:21 | 0.5 | 5:54 | 0.7 | 6:29 | 7:23 | |
| 6 | Sun | | | 12:15 | 3.7 | 5:49 | 0.6 | 6:35 | 0.8 | 6:29 | 7:21 | |
| 7 | Mon | 12:29 | 3.1 | 1:05 | 3.7 | 6:23 | 0.7 | 7:29 | 0.9 | 6:30 | 7:19 | |
| 8 | Tue | 1:27 | 3.0 | 2:02 | 3.7 | 7:10 | 0.8 | 8:44 | 0.9 | 6:31 | 7:18 | |
| 9 | Wed | 2:31 | 2.9 | 3:04 | 3.7 | 8:25 | 0.9 | 10:01 | 0.8 | 6:32 | 7:16 | |
| 10 | Thu | 3:37 | 3.0 | 4:11 | 3.8 | 9:54 | 0.8 | 11:07 | 0.6 | 6:33 | 7:15 | |
| 11 | Fri | 4:49 | 3.1 | 5:22 | 4.0 | 11:08 | 0.6 | | | 6:34 | 7:13 | |
| 12 | Sat | 5:59 | 3.4 | 6:27 | 4.2 | 12:04 | 0.3 | 12:11 | 0.3 | 6:35 | 7:11 | |
| 13 | Sun | 6:59 | 3.8 | 7:23 | 4.4 | 12:56 | 0.0 | 1:09 | 0.1 | 6:36 | 7:10 | |
| 14 | Mon | 7:52 | 4.2 | 8:14 | 4.5 | 1:45 | -0.2 | 2:04 | -0.1 | 6:37 | 7:08 | |
| 15 | Tue | 8:41 | 4.4 | 9:02 | 4.5 | 2:34 | -0.4 | 2:58 | -0.3 | 6:38 | 7:06 | |
| 16 | Wed | 9:29 | 4.6 | 9:51 | 4.4 | 3:22 | -0.5 | 3:51 | -0.3 | 6:39 | 7:05 | |
| 17 | Thu | 10:17 | 4.6 | 10:40 | 4.2 | 4:07 | -0.5 | 4:41 | -0.2 | 6:40 | 7:03 | |
| 18 | Fri | 11:07 | 4.4 | 11:32 | 3.9 | 4:52 | -0.3 | 5:29 | 0.0 | 6:41 | 7:02 | |
| 19 | Sat | 11:58 | 4.2 | | | 5:35 | 0.0 | 6:19 | 0.2 | 6:41 | 7:00 | |
| 20 | Sun | 12:28 | 3.6 | 12:52 | 4.0 | 6:20 | 0.3 | 7:14 | 0.5 | 6:42 | 6:58 | |
| 21 | Mon | 1:25 | 3.3 | 1:47 | 3.8 | 7:10 | 0.6 | 8:17 | 0.7 | 6:43 | 6:57 | |
| 22 | Tue | 2:22 | 3.2 | 2:42 | 3.6 | 8:10 | 0.9 | 9:25 | 0.9 | 6:44 | 6:55 | |
| 23 | Wed | 3:18 | 3.0 | 3:38 | 3.5 | 9:18 | 1.0 | 10:29 | 0.9 | 6:45 | 6:53 | |
| 24 | Thu | 4:16 | 3.0 | 4:35 | 3.4 | 10:24 | 1.1 | 11:22 | 0.8 | 6:46 | 6:52 | |
| 25 | Fri | 5:15 | 3.1 | 5:34 | 3.4 | 11:20 | 1.0 | | | 6:47 | 6:50 | |
| 26 | Sat | 6:10 | 3.2 | 6:26 | 3.5 | 12:08 | 0.7 | 12:09 | 0.8 | 6:48 | 6:48 | |
| 27 | Sun | 6:58 | 3.4 | 7:11 | 3.6 | 12:48 | 0.5 | 12:54 | 0.7 | 6:49 | 6:47 | |
| 28 | Mon | 7:39 | 3.6 | 7:49 | 3.7 | 1:26 | 0.4 | 1:37 | 0.5 | 6:50 | 6:45 | |
| 29 | Tue | 8:15 | 3.8 | 8:25 | 3.7 | 2:03 | 0.3 | 2:19 | 0.4 | 6:51 | 6:44 | |
| 30 | Wed | 8:50 | 3.9 | 8:59 | 3.7 | 2:40 | 0.3 | 3:00 | 0.4 | 6:52 | 6:42 | |