US HARBORS www.USHarbors.com

Seven Island, Newmans Thorofare, NJ - Aug 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	12:37	3.8	1:21	4.1	6:53	-0.1	7:30	0.3	5:57	8:10	
2	Mon	1:35	3.7	2:18	4.1	7:49	0.1	8:37	0.4	5:58	8:08	
3	Tue	2:34	3.5	3:14	4.1	8:52	0.2	9:47	0.4	5:58	8:07	
4	Wed	3:34	3.4	4:14	4.1	9:59	0.3	10:53	0.4	5:59	8:06	
5	Thu	4:39	3.3	5:17	4.1	11:02	0.3	11:52	0.2	6:00	8:05	
6	Fri	5:46	3.4	6:18	4.1			12:01	0.2	6:01	8:04	
7	Sat	6:48	3.5	7:14	4.2	12:46	0.1	12:55	0.2	6:02	8:03	
8	Sun	7:41	3.6	8:03	4.3	1:37	0.0	1:47	0.1	6:03	8:02	
9	Mon	8:30	3.8	8:48	4.3	2:25	-0.1	2:37	0.1	6:04	8:00	
10	Tue	9:14	3.8	9:31	4.2	3:11	-0.1	3:24	0.1	6:05	7:59	
11	Wed	9:57	3.8	10:13	4.0	3:53	-0.1	4:08	0.2	6:06	7:58	
12	Thu	10:40	3.8	10:55	3.8	4:32	0.0	4:49	0.3	6:07	7:57	
13	Fri	11:22	3.7	11:37	3.6	5:08	0.1	5:29	0.4	6:08	7:55	
14	Sat			12:05	3.6	5:43	0.2	6:09	0.6	6:09	7:54	
15	Sun	12:22	3.4	12:49	3.5	6:17	0.4	6:51	0.8	6:10	7:53	
16	Mon	1:08	3.2	1:33	3.5	6:54	0.6	7:41	0.9	6:11	7:51	
17	Tue	1:55	3.1	2:18	3.4	7:38	0.8	8:42	1.0	6:11	7:50	
18	Wed	2:44	3.0	3:03	3.4	8:34	0.9	9:47	1.0	6:12	7:49	
19	Thu	3:34	2.9	3:52	3.4	9:37	0.9	10:46	0.9	6:13	7:47	
20	Fri	4:30	2.9	4:48	3.5	10:38	0.8	11:40	0.7	6:14	7:46	
21	Sat	5:31	3.1	5:47	3.7	11:34	0.7			6:15	7:44	
22	Sun	6:27	3.3	6:41	3.9	12:28	0.5	12:25	0.5	6:16	7:43	
23	Mon	7:17	3.5	7:29	4.1	1:15	0.3	1:16	0.3	6:17	7:42	
24	Tue	8:02	3.8	8:14	4.3	2:00	0.0	2:06	0.1	6:18	7:40	
25	Wed	8:46	4.0	8:58	4.4	2:46	-0.1	2:56	-0.1	6:19	7:39	
26	Thu	9:31	4.2	9:44	4.4	3:31	-0.3	3:47	-0.2	6:20	7:37	
27	Fri	10:18	4.3	10:33	4.3	4:15	-0.4	4:36	-0.2	6:21	7:36	
28	Sat	11:08	4.4	11:25	4.1	4:59	-0.3	5:25	-0.1	6:22	7:34	
29	Sun			12:03	4.3	5:44	-0.2	6:17	0.0	6:23	7:33	
30	Mon	12:23	3.9	1:01	4.2	6:33	0.0	7:15	0.2	6:24	7:31	
31	Tue	1:23	3.7	2:00	4.2	7:29	0.2	8:21	0.4	6:24	7:30	