

Seven Island, Newmans Thorofare, NJ - Dec 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	5:55	4.2	6:19	3.7			12:19	-0.3	6:58	4:34	
2	Sun	6:45	4.3	7:10	3.7	12:26	-0.4	1:11	-0.4	6:59	4:34	
3	Mon	7:31	4.3	7:58	3.7	1:15	-0.4	2:01	-0.4	7:00	4:33	
4	Tue	8:16	4.3	8:45	3.6	2:02	-0.3	2:49	-0.4	7:01	4:33	
5	Wed	9:00	4.1	9:32	3.5	2:49	-0.2	3:34	-0.3	7:02	4:33	
6	Thu	9:45	3.9	10:21	3.3	3:32	-0.1	4:16	-0.2	7:03	4:33	
7	Fri	10:31	3.7	11:12	3.1	4:14	0.1	4:58	0.0	7:03	4:33	
8	Sat	11:18	3.5			4:56	0.3	5:41	0.2	7:04	4:33	
9	Sun	12:03	3.0	12:08	3.3	5:40	0.5	6:27	0.3	7:05	4:33	
10	Mon	12:53	3.0	12:56	3.1	6:32	0.7	7:19	0.4	7:06	4:33	
11	Tue	1:42	3.0	1:44	3.0	7:33	0.8	8:13	0.5	7:07	4:33	
12	Wed	2:29	3.0	2:32	2.9	8:37	0.8	9:06	0.5	7:08	4:33	
13	Thu	3:18	3.1	3:24	2.8	9:36	0.7	9:56	0.4	7:08	4:33	
14	Fri	4:09	3.2	4:20	2.9	10:29	0.5	10:42	0.3	7:09	4:34	
15	Sat	4:59	3.4	5:15	2.9	11:18	0.3	11:26	0.1	7:10	4:34	
16	Sun	5:46	3.6	6:04	3.0			12:05	0.1	7:11	4:34	
17	Mon	6:29	3.8	6:49	3.2	12:09	0.0	12:52	-0.1	7:11	4:35	
18	Tue	7:09	3.9	7:32	3.3	12:54	-0.1	1:39	-0.3	7:12	4:35	
19	Wed	7:50	4.1	8:15	3.3	1:40	-0.2	2:25	-0.4	7:12	4:35	
20	Thu	8:33	4.1	9:01	3.3	2:26	-0.2	3:11	-0.5	7:13	4:36	
21	Fri	9:19	4.1	9:51	3.3	3:13	-0.3	3:56	-0.5	7:13	4:36	
22	Sat	10:10	4.0	10:45	3.3	4:00	-0.3	4:42	-0.5	7:14	4:37	
23	Sun	11:05	3.9	11:44	3.4	4:50	-0.2	5:30	-0.4	7:14	4:37	
24	Mon			12:04	3.7	5:45	0.0	6:24	-0.3	7:15	4:38	
25	Tue	12:44	3.4	1:03	3.6	6:49	0.1	7:24	-0.3	7:15	4:38	
26	Wed	1:41	3.5	2:01	3.4	8:00	0.2	8:26	-0.2	7:16	4:39	
27	Thu	2:39	3.5	3:00	3.3	9:10	0.1	9:27	-0.3	7:16	4:40	
28	Fri	3:38	3.6	4:02	3.2	10:13	0.0	10:23	-0.3	7:16	4:40	
29	Sat	4:39	3.7	5:05	3.2	11:11	-0.1	11:16	-0.3	7:17	4:41	
30	Sun	5:36	3.8	6:02	3.3			12:04	-0.3	7:17	4:42	
31	Mon	6:27	3.9	6:53	3.3	12:06	-0.4	12:54	-0.4	7:17	4:42	