

Stone Harbor, Great Channel, NJ - Mar 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	8:30	4.3	8:46	4.1	2:17	-0.3	2:45	-0.3	6:30	5:51	
2	Tue	9:06	4.2	9:24	4.1	2:57	-0.3	3:18	-0.2	6:29	5:52	
3	Wed	9:41	4.0	10:00	4.1	3:35	-0.2	3:50	-0.1	6:28	5:53	
4	Thu	10:16	3.9	10:36	4.0	4:13	-0.1	4:22	0.0	6:26	5:54	
5	Fri	10:52	3.7	11:12	4.0	4:52	0.1	4:54	0.1	6:25	5:55	
6	Sat	11:29	3.5	11:51	3.9	5:34	0.3	5:30	0.2	6:23	5:57	
7	Sun			12:10	3.4	6:20	0.5	6:12	0.3	6:22	5:58	
8	Mon	12:35	3.9	12:58	3.2	7:13	0.6	7:02	0.3	6:20	5:59	
9	Tue	1:27	3.8	1:54	3.2	8:10	0.6	8:02	0.3	6:18	6:00	
10	Wed	2:31	3.9	3:01	3.2	9:12	0.6	9:07	0.3	6:17	6:01	
11	Thu	3:40	4.0	4:08	3.4	10:14	0.4	10:14	0.1	6:15	6:02	
12	Fri	4:44	4.2	5:10	3.7	11:12	0.1	11:18	-0.2	6:14	6:03	
13	Sat	5:42	4.5	6:06	4.1			12:06	-0.2	6:12	6:04	
14	Sun	6:36	4.7	7:01	4.4	12:18	-0.5	12:58	-0.5	6:11	6:05	
15	Mon	7:28	4.8	7:54	4.7	1:15	-0.7	1:47	-0.7	6:09	6:06	
16	Tue	8:19	4.8	8:46	5.0	2:09	-0.9	2:34	-0.9	6:08	6:07	
17	Wed	9:09	4.7	9:37	5.1	3:02	-1.0	3:20	-0.9	6:06	6:08	
18	Thu	9:58	4.5	10:28	5.0	3:53	-0.9	4:06	-0.8	6:04	6:09	
19	Fri	10:47	4.3	11:20	4.9	4:46	-0.7	4:54	-0.6	6:03	6:10	
20	Sat	11:38	4.0			5:41	-0.4	5:46	-0.3	6:01	6:11	
21	Sun	12:14	4.7	12:31	3.8	6:39	-0.1	6:41	-0.1	6:00	6:12	
22	Mon	1:10	4.5	1:27	3.6	7:38	0.1	7:39	0.2	5:58	6:13	
23	Tue	2:10	4.2	2:28	3.5	8:38	0.3	8:39	0.3	5:57	6:14	
24	Wed	3:15	4.1	3:33	3.5	9:38	0.3	9:41	0.4	5:55	6:15	
25	Thu	4:17	4.1	4:33	3.7	10:35	0.3	10:41	0.3	5:53	6:16	
26	Fri	5:10	4.1	5:25	3.9	11:26	0.2	11:36	0.2	5:52	6:16	
27	Sat	5:56	4.2	6:12	4.1			12:12	0.1	5:50	6:17	
28	Sun	6:38	4.2	6:56	4.3	12:26	0.1	12:54	0.0	5:49	6:18	
29	Mon	7:19	4.2	7:37	4.4	1:12	0.0	1:33	0.0	5:47	6:19	
30	Tue	7:58	4.2	8:17	4.5	1:55	-0.1	2:09	0.0	5:45	6:20	
31	Wed	8:36	4.1	8:55	4.5	2:35	-0.1	2:43	0.0	5:44	6:21	