

































## Lake Worth Pier (Ocean), FL - Jan 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	10:42	3.0	11:06	2.7	4:19	0.1	4:56	0.1	7:08	5:38	
2	Tue	11:27	2.9			5:13	0.2	5:45	0.0	7:08	5:39	
3	Wed	12:01	2.8	12:16	2.8	6:12	0.3	6:39	-0.1	7:09	5:40	
4	Thu	1:01	2.8	1:11	2.6	7:15	0.3	7:35	-0.1	7:09	5:41	
5	Fri	2:07	2.9	2:13	2.6	8:21	0.4	8:35	-0.2	7:09	5:41	
6	Sat	3:15	3.0	3:19	2.5	9:27	0.4	9:36	-0.3	7:09	5:42	
7	Sun	4:20	3.1	4:24	2.6	10:33	0.3	10:37	-0.4	7:09	5:43	
8	Mon	5:20	3.2	5:25	2.6	11:34	0.2	11:37	-0.5	7:09	5:43	
9	Tue	6:16	3.3	6:22	2.7			12:30	0.0	7:09	5:44	
10	Wed	7:08	3.4	7:16	2.8	12:33	-0.5	1:21	-0.1	7:10	5:45	
11	Thu	7:57	3.4	8:07	2.8	1:25	-0.6	2:09	-0.1	7:10	5:46	
12	Fri	8:42	3.3	8:56	2.8	2:14	-0.5	2:54	-0.2	7:10	5:46	
13	Sat	9:26	3.1	9:43	2.8	3:01	-0.4	3:37	-0.1	7:10	5:47	
14	Sun	10:07	3.0	10:30	2.7	3:48	-0.2	4:21	-0.1	7:10	5:48	
15	Mon	10:48	2.8	11:16	2.6	4:34	0.0	5:04	0.0	7:09	5:49	
16	Tue	11:28	2.6			5:23	0.2	5:49	0.1	7:09	5:50	
17	Wed	12:04	2.5	12:09	2.4	6:14	0.4	6:35	0.2	7:09	5:50	
18	Thu	12:55	2.4	12:54	2.2	7:07	0.6	7:22	0.2	7:09	5:51	
19	Fri	1:50	2.4	1:45	2.1	8:02	0.7	8:12	0.2	7:09	5:52	
20	Sat	2:49	2.4	2:42	2.0	8:59	0.7	9:03	0.2	7:09	5:53	
21	Sun	3:47	2.4	3:41	2.0	9:57	0.7	9:56	0.2	7:09	5:53	
22	Mon	4:41	2.5	4:37	2.0	10:51	0.6	10:48	0.1	7:08	5:54	
23	Tue	5:30	2.6	5:27	2.1	11:41	0.5	11:38	0.0	7:08	5:55	
24	Wed	6:14	2.8	6:14	2.3			12:25	0.3	7:08	5:56	
25	Thu	6:56	2.9	6:58	2.4	12:23	-0.2	1:06	0.2	7:07	5:57	
26	Fri	7:36	3.0	7:42	2.6	1:06	-0.3	1:44	0.0	7:07	5:57	
27	Sat	8:15	3.0	8:26	2.7	1:49	-0.4	2:23	-0.1	7:07	5:58	
28	Sun	8:55	3.0	9:11	2.8	2:32	-0.4	3:02	-0.3	7:06	5:59	
29	Mon	9:35	3.0	9:59	2.9	3:16	-0.4	3:44	-0.3	7:06	6:00	
30	Tue	10:18	2.9	10:49	2.9	4:04	-0.2	4:29	-0.4	7:05	6:00	
31	Wed	11:03	2.8	11:43	2.9	4:57	-0.1	5:19	-0.4	7:05	6:01	