

Atlantic Highlands, NJ - Jan 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	1:56	4.1	2:02	3.5	8:26	0.9	8:26	0.6	7:19	4:40	
2	Mon	2:44	4.2	2:56	3.4	9:20	0.8	9:20	0.5	7:19	4:41	
3	Tue	3:38	4.4	3:56	3.4	10:14	0.5	10:08	0.4	7:19	4:42	
4	Wed	4:32	4.6	4:56	3.6	11:08	0.2	11:02	0.2	7:19	4:43	
5	Thu	5:20	4.9	5:44	3.8	11:56	-0.1	11:50	0.0	7:19	4:44	
6	Fri	6:08	5.2	6:32	4.0			12:44	-0.4	7:19	4:44	
7	Sat	6:50	5.5	7:20	4.2	12:38	-0.2	1:32	-0.6	7:19	4:45	
8	Sun	7:32	5.6	8:02	4.4	1:26	-0.4	2:14	-0.8	7:19	4:46	
9	Mon	8:20	5.6	8:50	4.5	2:14	-0.5	3:02	-0.9	7:18	4:47	
10	Tue	9:08	5.5	9:44	4.6	3:08	-0.6	3:44	-1.0	7:18	4:48	
11	Wed	10:02	5.3	10:38	4.7	3:56	-0.5	4:26	-0.9	7:18	4:49	
12	Thu	10:56	5.0	11:32	4.8	4:44	-0.3	5:14	-0.7	7:18	4:51	
13	Fri	11:50	4.6			5:44	-0.1	6:08	-0.5	7:17	4:52	
14	Sat	12:32	4.8	12:50	4.3	6:50	0.2	7:08	-0.3	7:17	4:53	
15	Sun	1:26	4.8	1:50	4.0	8:02	0.2	8:08	-0.1	7:17	4:54	
16	Mon	2:26	4.8	2:50	3.8	9:14	0.2	9:14	-0.1	7:16	4:55	
17	Tue	3:26	4.7	3:56	3.8	10:14	0.0	10:08	-0.1	7:16	4:56	
18	Wed	4:32	4.8	5:02	3.9	11:08	-0.1	11:02	-0.1	7:15	4:57	
19	Thu	5:26	4.9	5:56	4.0			12:02	-0.3	7:15	4:58	
20	Fri	6:14	5.0	6:44	4.2			12:50	-0.4	7:14	5:00	
21	Sat	7:02	5.0	7:26	4.2	12:44	-0.2	1:32	-0.5	7:13	5:01	
22	Sun	7:38	5.0	8:08	4.3	1:32	-0.2	2:14	-0.5	7:13	5:02	
23	Mon	8:20	4.9	8:50	4.3	2:14	-0.2	2:56	-0.5	7:12	5:03	
24	Tue	8:56	4.7	9:32	4.2	2:56	-0.1	3:26	-0.4	7:11	5:04	
25	Wed	9:38	4.4	10:14	4.2	3:32	0.0	4:02	-0.2	7:11	5:05	
26	Thu	10:14	4.2	10:56	4.1	4:08	0.2	4:32	0.0	7:10	5:07	
27	Fri	10:56	3.9	11:38	4.0	4:44	0.4	5:02	0.2	7:09	5:08	
28	Sat	11:38	3.6			5:32	0.6	5:38	0.4	7:08	5:09	
29	Sun	12:20	4.0	12:20	3.4	6:20	0.8	6:20	0.6	7:07	5:10	
30	Mon	1:02	4.0	1:08	3.3	7:32	0.8	7:20	0.7	7:07	5:11	
31	Tue	1:50	4.1	2:08	3.2	8:38	0.8	8:32	0.7	7:06	5:13	