

Atlantic Highlands, NJ - Nov 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	8:37	5.3	9:04	4.2	2:35	0.8	3:20	0.5	6:26	4:53	
2	Thu	9:11	5.1	9:45	4.0	3:08	0.9	3:58	0.7	6:27	4:52	
3	Fri	9:52	5.0	10:35	3.9	3:41	1.0	4:38	0.8	6:28	4:50	
4	Sat	10:44	4.9	11:33	3.9	4:19	1.2	5:26	0.9	6:29	4:49	
5	Sun	11:44	4.8			5:08	1.3	6:26	0.9	6:30	4:48	
6	Mon	12:31	4.0	12:45	4.8	6:21	1.3	7:31	0.8	6:32	4:47	
7	Tue	1:28	4.3	1:44	4.9	7:45	1.2	8:31	0.5	6:33	4:46	
8	Wed	2:26	4.7	2:46	5.0	8:57	0.9	9:25	0.2	6:34	4:45	
9	Thu	3:26	5.1	3:49	5.1	9:59	0.4	10:16	-0.1	6:35	4:44	
10	Fri	4:24	5.6	4:49	5.2	10:55	0.0	11:05	-0.4	6:36	4:43	
11	Sat	5:18	6.1	5:44	5.3	11:49	-0.3	11:55	-0.5	6:37	4:42	
12	Sun	6:09	6.4	6:36	5.4			12:44	-0.5	6:39	4:41	
13	Mon	6:58	6.5	7:27	5.3	12:45	-0.6	1:38	-0.6	6:40	4:40	
14	Tue	7:47	6.4	8:20	5.2	1:37	-0.5	2:30	-0.6	6:41	4:39	
15	Wed	8:39	6.2	9:15	4.9	2:29	-0.4	3:21	-0.4	6:42	4:39	
16	Thu	9:33	5.8	10:14	4.7	3:19	-0.1	4:11	-0.2	6:43	4:38	
17	Fri	10:31	5.4	11:15	4.5	4:09	0.2	5:04	0.1	6:44	4:37	
18	Sat	11:30	5.1			5:03	0.6	6:01	0.4	6:45	4:36	
19	Sun	12:14	4.4	12:26	4.8	6:04	0.9	7:01	0.6	6:47	4:36	
20	Mon	1:09	4.4	1:19	4.5	7:12	1.1	7:59	0.6	6:48	4:35	
21	Tue	2:01	4.4	2:11	4.3	8:17	1.1	8:51	0.6	6:49	4:34	
22	Wed	2:52	4.5	3:04	4.2	9:15	1.0	9:36	0.6	6:50	4:34	
23	Thu	3:43	4.7	3:57	4.2	10:05	0.8	10:17	0.5	6:51	4:33	
24	Fri	4:31	4.9	4:48	4.2	10:51	0.6	10:56	0.5	6:52	4:33	
25	Sat	5:15	5.1	5:33	4.2	11:34	0.5	11:35	0.4	6:53	4:32	
26	Sun	5:54	5.2	6:14	4.3			12:17	0.3	6:54	4:32	
27	Mon	6:32	5.3	6:53	4.3	12:14	0.4	1:00	0.2	6:55	4:31	
28	Tue	7:07	5.3	7:31	4.2	12:54	0.4	1:42	0.1	6:57	4:31	
29	Wed	7:41	5.3	8:08	4.1	1:35	0.5	2:24	0.1	6:58	4:31	
30	Thu	8:16	5.2	8:47	4.0	2:14	0.5	3:03	0.1	6:59	4:30	