

Atlantic Highlands, NJ - Dec 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	8:53	5.1	9:29	3.9	2:52	0.6	3:42	0.2	7:00	4:30	
2	Sat	9:36	5.0	10:17	3.9	3:29	0.6	4:21	0.2	7:01	4:30	
3	Sun	10:26	4.9	11:12	4.0	4:10	0.7	5:04	0.3	7:02	4:30	
4	Mon	11:22	4.8			4:59	0.8	5:54	0.3	7:03	4:29	
5	Tue	12:07	4.2	12:20	4.7	6:04	0.9	6:51	0.3	7:04	4:29	
6	Wed	1:02	4.5	1:17	4.6	7:21	0.8	7:51	0.1	7:04	4:29	
7	Thu	1:57	4.8	2:17	4.5	8:35	0.6	8:50	-0.1	7:05	4:29	
8	Fri	2:56	5.1	3:21	4.5	9:40	0.3	9:45	-0.3	7:06	4:29	
9	Sat	3:58	5.4	4:26	4.6	10:38	-0.1	10:39	-0.4	7:07	4:29	
10	Sun	4:57	5.8	5:26	4.7	11:34	-0.4	11:32	-0.6	7:08	4:29	
11	Mon	5:51	6.0	6:21	4.8			12:29	-0.6	7:09	4:29	
12	Tue	6:42	6.1	7:13	4.8	12:26	-0.6	1:23	-0.7	7:10	4:29	
13	Wed	7:33	6.0	8:06	4.8	1:20	-0.6	2:15	-0.7	7:10	4:30	
14	Thu	8:23	5.8	8:59	4.7	2:13	-0.4	3:04	-0.7	7:11	4:30	
15	Fri	9:14	5.5	9:54	4.5	3:03	-0.3	3:51	-0.5	7:12	4:30	
16	Sat	10:06	5.1	10:49	4.4	3:50	0.0	4:37	-0.3	7:12	4:30	
17	Sun	10:59	4.8	11:42	4.3	4:39	0.3	5:24	0.0	7:13	4:31	
18	Mon	11:50	4.5			5:30	0.6	6:13	0.3	7:14	4:31	
19	Tue	12:33	4.3	12:39	4.2	6:29	0.9	7:05	0.5	7:14	4:32	
20	Wed	1:20	4.3	1:27	3.9	7:32	1.0	7:57	0.6	7:15	4:32	
21	Thu	2:08	4.3	2:17	3.7	8:33	0.9	8:46	0.6	7:15	4:32	
22	Fri	2:57	4.3	3:11	3.6	9:29	0.8	9:33	0.6	7:16	4:33	
23	Sat	3:48	4.4	4:08	3.6	10:19	0.6	10:18	0.5	7:16	4:33	
24	Sun	4:39	4.6	5:02	3.7	11:06	0.4	11:02	0.4	7:17	4:34	
25	Mon	5:24	4.8	5:49	3.8	11:51	0.2	11:45	0.3	7:17	4:35	
26	Tue	6:06	4.9	6:32	3.9			12:36	0.0	7:17	4:35	
27	Wed	6:45	5.1	7:12	3.9	12:29	0.3	1:21	-0.1	7:18	4:36	
28	Thu	7:23	5.1	7:51	4.0	1:13	0.2	2:04	-0.3	7:18	4:37	
29	Fri	8:00	5.2	8:30	4.0	1:57	0.1	2:44	-0.4	7:18	4:37	
30	Sat	8:40	5.1	9:12	4.1	2:38	0.1	3:23	-0.4	7:18	4:38	
31	Sun	9:22	5.0	9:53	4.2	3:20	0.1	4:01	-0.4	7:19	4:39	