

Atlantic Highlands, NJ - Jan 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	10:06	4.9	10:44	4.3	4:00	0.1	4:36	-0.4	7:19	4:40	
2	Tue	10:59	4.7	11:38	4.5	4:48	0.2	5:20	-0.3	7:19	4:41	
3	Wed	11:55	4.5			5:46	0.3	6:11	-0.2	7:19	4:41	
4	Thu	12:33	4.6	12:52	4.3	6:58	0.4	7:12	-0.1	7:19	4:42	
5	Fri	1:29	4.8	1:53	4.1	8:13	0.3	8:17	-0.1	7:19	4:43	
6	Sat	2:30	4.9	2:59	4.0	9:22	0.2	9:21	-0.2	7:19	4:44	
7	Sun	3:35	5.1	4:09	4.0	10:25	-0.1	10:21	-0.3	7:19	4:45	
8	Mon	4:41	5.2	5:13	4.2	11:22	-0.4	11:18	-0.5	7:19	4:46	
9	Tue	5:39	5.4	6:10	4.4			12:17	-0.6	7:18	4:47	
10	Wed	6:32	5.5	7:02	4.6	12:14	-0.6	1:09	-0.8	7:18	4:48	
11	Thu	7:20	5.5	7:52	4.6	1:08	-0.6	1:58	-0.9	7:18	4:49	
12	Fri	8:07	5.4	8:40	4.6	1:59	-0.6	2:44	-0.9	7:18	4:50	
13	Sat	8:53	5.2	9:28	4.6	2:46	-0.5	3:25	-0.8	7:17	4:51	
14	Sun	9:38	4.9	10:15	4.5	3:30	-0.3	4:05	-0.6	7:17	4:52	
15	Mon	10:23	4.6	11:02	4.4	4:12	-0.1	4:43	-0.3	7:17	4:54	
16	Tue	11:09	4.2	11:49	4.3	4:56	0.2	5:21	0.0	7:16	4:55	
17	Wed	11:56	3.9			5:43	0.5	6:03	0.3	7:16	4:56	
18	Thu	12:34	4.2	12:42	3.6	6:39	0.7	6:51	0.5	7:15	4:57	
19	Fri	1:18	4.1	1:29	3.4	7:41	0.8	7:46	0.6	7:15	4:58	
20	Sat	2:06	4.1	2:22	3.3	8:44	0.8	8:43	0.6	7:14	4:59	
21	Sun	2:58	4.1	3:22	3.2	9:41	0.6	9:38	0.6	7:14	5:00	
22	Mon	3:56	4.2	4:25	3.3	10:33	0.4	10:29	0.4	7:13	5:02	
23	Tue	4:50	4.4	5:19	3.5	11:21	0.2	11:17	0.3	7:12	5:03	
24	Wed	5:38	4.7	6:04	3.8			12:07	-0.1	7:12	5:04	
25	Thu	6:20	4.9	6:46	4.0	12:04	0.1	12:52	-0.3	7:11	5:05	
26	Fri	7:00	5.1	7:26	4.2	12:51	-0.1	1:35	-0.6	7:10	5:06	
27	Sat	7:40	5.2	8:05	4.4	1:37	-0.3	2:16	-0.7	7:09	5:08	
28	Sun	8:20	5.2	8:47	4.6	2:21	-0.5	2:55	-0.8	7:09	5:09	
29	Mon	9:03	5.1	9:32	4.7	3:05	-0.5	3:33	-0.9	7:08	5:10	
30	Tue	9:50	4.9	10:21	4.8	3:50	-0.5	4:12	-0.8	7:07	5:11	
31	Wed	10:42	4.6	11:14	4.8	4:38	-0.3	4:55	-0.6	7:06	5:12	