

Atlantic Highlands, NJ - Mar 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	10:28	4.6	10:53	5.2	4:27	-0.5	4:34	-0.6	6:29	5:47	
2	Fri	11:26	4.3	11:52	5.0	5:21	-0.2	5:24	-0.3	6:28	5:48	
3	Sat			12:27	4.1	6:27	0.1	6:28	0.1	6:26	5:49	
4	Sun	12:53	4.8	1:30	3.9	7:41	0.3	7:42	0.3	6:25	5:50	
5	Mon	1:57	4.6	2:36	3.9	8:53	0.2	8:55	0.3	6:23	5:51	
6	Tue	3:05	4.6	3:45	4.0	9:56	0.1	10:00	0.2	6:21	5:52	
7	Wed	4:13	4.6	4:49	4.2	10:51	-0.1	10:56	0.0	6:20	5:53	
8	Thu	5:12	4.8	5:42	4.5	11:40	-0.3	11:47	-0.2	6:18	5:55	
9	Fri	6:01	4.9	6:27	4.8			12:24	-0.4	6:17	5:56	
10	Sat	6:43	5.0	7:08	5.0	12:35	-0.3	1:06	-0.5	6:15	5:57	
11	Sun	7:23	4.9	7:46	5.1	1:20	-0.4	1:45	-0.5	6:14	5:58	
12	Mon	8:00	4.8	8:23	5.0	2:02	-0.4	2:21	-0.4	6:12	5:59	
13	Tue	8:38	4.6	9:00	4.9	2:41	-0.3	2:54	-0.2	6:10	6:00	
14	Wed	9:15	4.4	9:36	4.8	3:18	-0.2	3:25	0.0	6:09	6:01	
15	Thu	9:53	4.1	10:13	4.6	3:54	0.0	3:55	0.2	6:07	6:02	
16	Fri	10:34	3.8	10:54	4.4	4:30	0.3	4:25	0.5	6:05	6:03	
17	Sat	11:20	3.6	11:38	4.2	5:09	0.6	4:58	0.8	6:04	6:04	
18	Sun			12:10	3.5	5:59	0.8	5:42	1.0	6:02	6:05	
19	Mon	12:28	4.1	1:02	3.4	7:06	0.9	6:54	1.1	6:01	6:06	
20	Tue	1:22	4.1	2:00	3.4	8:17	0.9	8:17	1.1	5:59	6:07	
21	Wed	2:22	4.2	3:03	3.6	9:18	0.7	9:25	0.9	5:57	6:08	
22	Thu	3:27	4.3	4:05	3.9	10:11	0.4	10:22	0.5	5:56	6:09	
23	Fri	4:28	4.6	5:00	4.4	10:58	0.0	11:14	0.1	5:54	6:11	
24	Sat	5:21	5.0	5:47	4.9	11:44	-0.3			5:52	6:12	
25	Sun	6:09	5.2	6:31	5.4	12:05	-0.3	12:29	-0.6	5:51	6:13	
26	Mon	6:54	5.4	7:15	5.7	12:56	-0.6	1:14	-0.8	5:49	6:14	
27	Tue	7:40	5.4	8:00	5.9	1:47	-0.8	1:59	-0.9	5:47	6:15	
28	Wed	8:28	5.3	8:48	5.9	2:36	-0.9	2:44	-0.8	5:46	6:16	
29	Thu	9:20	5.0	9:39	5.8	3:25	-0.8	3:29	-0.7	5:44	6:17	
30	Fri	10:16	4.8	10:36	5.5	4:15	-0.6	4:17	-0.4	5:42	6:18	
31	Sat	11:17	4.5	11:38	5.2	5:10	-0.2	5:11	0.0	5:41	6:19	