

Atlantic Highlands, NJ - Apr 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun			1:19	4.3	7:14	0.1	7:16	0.4	6:39	7:20	
2	Mon	1:40	4.9	2:21	4.2	8:24	0.3	8:30	0.6	6:38	7:21	
3	Tue	2:42	4.7	3:23	4.2	9:33	0.3	9:42	0.6	6:36	7:22	
4	Wed	3:45	4.6	4:27	4.3	10:33	0.3	10:45	0.5	6:34	7:23	
5	Thu	4:49	4.6	5:27	4.6	11:25	0.1	11:39	0.4	6:33	7:24	
6	Fri	5:47	4.6	6:17	4.8			12:10	0.0	6:31	7:25	
7	Sat	6:35	4.7	7:00	5.1	12:27	0.2	12:51	0.0	6:30	7:26	
8	Sun	7:17	4.8	7:39	5.3	1:12	0.0	1:30	0.0	6:28	7:27	
9	Mon	7:56	4.8	8:15	5.4	1:55	0.0	2:08	0.0	6:26	7:28	
10	Tue	8:33	4.7	8:50	5.3	2:37	-0.1	2:45	0.1	6:25	7:29	
11	Wed	9:09	4.5	9:25	5.2	3:16	-0.1	3:19	0.2	6:23	7:30	
12	Thu	9:46	4.3	9:59	5.1	3:54	0.0	3:53	0.4	6:22	7:31	
13	Fri	10:24	4.1	10:33	4.9	4:30	0.2	4:24	0.6	6:20	7:32	
14	Sat	11:04	3.9	11:11	4.7	5:06	0.4	4:55	0.8	6:19	7:33	
15	Sun	11:50	3.8	11:55	4.5	5:43	0.6	5:28	1.0	6:17	7:34	
16	Mon			12:41	3.7	6:27	0.8	6:10	1.2	6:16	7:35	
17	Tue	12:47	4.4	1:33	3.7	7:24	0.9	7:12	1.3	6:14	7:36	
18	Wed	1:43	4.4	2:27	3.8	8:31	0.9	8:37	1.3	6:13	7:37	
19	Thu	2:40	4.5	3:23	4.1	9:33	0.7	9:51	1.0	6:11	7:38	
20	Fri	3:42	4.6	4:23	4.5	10:28	0.5	10:53	0.6	6:10	7:39	
21	Sat	4:46	4.7	5:22	4.9	11:18	0.1	11:49	0.2	6:08	7:40	
22	Sun	5:46	4.9	6:14	5.5			12:06	-0.2	6:07	7:42	
23	Mon	6:40	5.2	7:03	5.9	12:42	-0.2	12:53	-0.4	6:05	7:43	
24	Tue	7:30	5.3	7:50	6.3	1:36	-0.5	1:42	-0.6	6:04	7:44	
25	Wed	8:20	5.3	8:39	6.4	2:29	-0.7	2:32	-0.6	6:03	7:45	
26	Thu	9:12	5.3	9:29	6.3	3:21	-0.8	3:23	-0.6	6:01	7:46	
27	Fri	10:06	5.1	10:23	6.1	4:13	-0.7	4:13	-0.4	6:00	7:47	
28	Sat	11:05	4.9	11:22	5.7	5:04	-0.5	5:04	-0.1	5:59	7:48	
29	Sun			12:07	4.7	5:57	-0.2	5:59	0.3	5:57	7:49	
30	Mon	12:23	5.4	1:08	4.6	6:57	0.1	7:02	0.6	5:56	7:50	