

Atlantic Highlands, NJ - Jun 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	2:44	4.6	3:25	4.9	9:19	0.6	9:50	1.1	5:27	8:19	
2	Sat	3:35	4.4	4:16	5.0	10:08	0.6	10:44	0.9	5:27	8:20	
3	Sun	4:29	4.2	5:06	5.1	10:52	0.7	11:32	0.8	5:27	8:21	
4	Mon	5:24	4.2	5:53	5.2	11:34	0.7			5:26	8:22	
5	Tue	6:14	4.2	6:36	5.4	12:17	0.6	12:15	0.7	5:26	8:22	
6	Wed	6:59	4.3	7:16	5.5	1:01	0.5	12:56	0.7	5:26	8:23	
7	Thu	7:41	4.3	7:54	5.5	1:45	0.4	1:38	0.7	5:25	8:23	
8	Fri	8:21	4.3	8:31	5.5	2:29	0.3	2:21	0.8	5:25	8:24	
9	Sat	9:01	4.3	9:06	5.4	3:11	0.3	3:02	0.8	5:25	8:25	
10	Sun	9:41	4.3	9:43	5.3	3:50	0.3	3:42	0.9	5:25	8:25	
11	Mon	10:21	4.2	10:21	5.2	4:28	0.3	4:19	0.9	5:25	8:26	
12	Tue	11:04	4.2	11:03	5.1	5:04	0.3	4:57	1.0	5:25	8:26	
13	Wed	11:51	4.3	11:52	5.0	5:42	0.4	5:39	1.0	5:25	8:27	
14	Thu			12:40	4.5	6:22	0.4	6:32	1.1	5:25	8:27	
15	Fri	12:45	4.9	1:29	4.8	7:10	0.5	7:39	1.1	5:25	8:27	
16	Sat	1:39	4.8	2:20	5.1	8:05	0.4	8:54	1.0	5:25	8:28	
17	Sun	2:36	4.7	3:15	5.4	9:04	0.3	10:03	0.8	5:25	8:28	
18	Mon	3:38	4.6	4:15	5.6	10:04	0.2	11:05	0.4	5:25	8:28	
19	Tue	4:45	4.6	5:18	5.9	11:02	0.1			5:25	8:29	
20	Wed	5:52	4.7	6:18	6.2	12:04	0.1	11:59 AM	-0.1	5:25	8:29	
21	Thu	6:52	4.9	7:14	6.3	1:01	-0.1	12:55	-0.1	5:25	8:29	
22	Fri	7:48	5.1	8:07	6.4	1:57	-0.3	1:53	-0.2	5:26	8:29	
23	Sat	8:43	5.2	8:59	6.3	2:52	-0.5	2:50	-0.1	5:26	8:30	
24	Sun	9:38	5.2	9:52	6.1	3:43	-0.5	3:43	-0.1	5:26	8:30	
25	Mon	10:33	5.2	10:45	5.8	4:31	-0.5	4:34	0.1	5:27	8:30	
26	Tue	11:29	5.1	11:38	5.4	5:17	-0.3	5:24	0.4	5:27	8:30	
27	Wed			12:22	5.1	6:03	-0.1	6:15	0.7	5:27	8:30	
28	Thu	12:30	5.1	1:13	5.0	6:51	0.2	7:11	1.0	5:28	8:30	
29	Fri	1:20	4.8	2:00	5.0	7:40	0.5	8:11	1.2	5:28	8:30	
30	Sat	2:07	4.5	2:46	5.0	8:30	0.7	9:11	1.2	5:29	8:30	