

Atlantic Highlands, NJ - Jul 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	2:55	4.2	3:33	4.9	9:20	0.9	10:08	1.1	5:29	8:30	
2	Mon	3:47	4.0	4:23	5.0	10:08	0.9	11:00	1.0	5:30	8:30	
3	Tue	4:43	3.9	5:15	5.1	10:55	0.9	11:48	0.9	5:30	8:30	
4	Wed	5:40	4.0	6:04	5.2	11:41	0.9			5:31	8:29	
5	Thu	6:31	4.1	6:49	5.3	12:34	0.7	12:26	0.9	5:31	8:29	
6	Fri	7:16	4.2	7:30	5.4	1:19	0.5	1:11	0.8	5:32	8:29	
7	Sat	7:58	4.3	8:08	5.5	2:04	0.4	1:56	0.8	5:32	8:29	
8	Sun	8:38	4.4	8:45	5.5	2:47	0.3	2:41	0.7	5:33	8:28	
9	Mon	9:17	4.5	9:22	5.5	3:27	0.2	3:23	0.7	5:34	8:28	
10	Tue	9:56	4.5	10:01	5.4	4:05	0.1	4:04	0.7	5:34	8:27	
11	Wed	10:37	4.7	10:43	5.3	4:40	0.1	4:44	0.7	5:35	8:27	
12	Thu	11:22	4.8	11:30	5.1	5:16	0.1	5:27	0.7	5:36	8:27	
13	Fri			12:11	5.0	5:54	0.2	6:17	0.8	5:37	8:26	
14	Sat	12:23	4.9	1:02	5.2	6:37	0.2	7:20	0.9	5:37	8:26	
15	Sun	1:18	4.7	1:55	5.4	7:30	0.3	8:33	0.9	5:38	8:25	
16	Mon	2:16	4.6	2:51	5.5	8:33	0.4	9:45	0.8	5:39	8:24	
17	Tue	3:18	4.5	3:53	5.6	9:39	0.4	10:50	0.6	5:40	8:24	
18	Wed	4:27	4.4	5:00	5.8	10:43	0.3	11:50	0.3	5:41	8:23	
19	Thu	5:37	4.6	6:04	5.9	11:44	0.2			5:41	8:22	
20	Fri	6:39	4.8	7:02	6.1	12:47	0.0	12:42	0.0	5:42	8:22	
21	Sat	7:35	5.1	7:54	6.2	1:41	-0.2	1:39	0.0	5:43	8:21	
22	Sun	8:28	5.2	8:43	6.1	2:33	-0.4	2:34	0.0	5:44	8:20	
23	Mon	9:18	5.3	9:31	5.9	3:22	-0.4	3:26	0.0	5:45	8:19	
24	Tue	10:08	5.3	10:19	5.6	4:06	-0.4	4:13	0.2	5:46	8:19	
25	Wed	10:57	5.3	11:06	5.3	4:48	-0.2	4:59	0.4	5:47	8:18	
26	Thu	11:46	5.2	11:54	4.9	5:27	0.0	5:44	0.7	5:47	8:17	
27	Fri			12:34	5.1	6:07	0.3	6:32	0.9	5:48	8:16	
28	Sat	12:42	4.6	1:20	5.0	6:48	0.7	7:26	1.2	5:49	8:15	
29	Sun	1:29	4.3	2:05	4.9	7:35	0.9	8:26	1.3	5:50	8:14	
30	Mon	2:17	4.1	2:51	4.8	8:27	1.1	9:28	1.3	5:51	8:13	
31	Tue	3:07	3.9	3:41	4.8	9:23	1.2	10:25	1.2	5:52	8:12	