

Atlantic Highlands, NJ - Aug 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	4:04	3.8	4:36	4.9	10:19	1.2	11:16	1.1	5:53	8:11	
2	Thu	5:06	3.9	5:31	5.0	11:10	1.1			5:54	8:10	
3	Fri	6:02	4.1	6:21	5.2	12:04	0.8	11:59 AM	1.0	5:55	8:09	
4	Sat	6:50	4.3	7:04	5.4	12:50	0.6	12:46	0.8	5:56	8:08	
5	Sun	7:32	4.5	7:44	5.6	1:34	0.4	1:32	0.7	5:57	8:06	
6	Mon	8:11	4.7	8:22	5.7	2:17	0.2	2:18	0.5	5:58	8:05	
7	Tue	8:49	4.9	9:00	5.7	2:57	0.0	3:03	0.4	5:59	8:04	
8	Wed	9:28	5.1	9:39	5.6	3:35	-0.1	3:46	0.4	6:00	8:03	
9	Thu	10:08	5.2	10:23	5.4	4:12	-0.1	4:29	0.4	6:01	8:02	
10	Fri	10:53	5.4	11:11	5.2	4:49	-0.1	5:14	0.4	6:02	8:00	
11	Sat	11:44	5.4			5:27	0.0	6:04	0.6	6:03	7:59	
12	Sun	12:05	4.9	12:39	5.5	6:11	0.2	7:05	0.8	6:04	7:58	
13	Mon	1:04	4.7	1:36	5.5	7:06	0.4	8:18	0.9	6:04	7:56	
14	Tue	2:04	4.5	2:35	5.5	8:13	0.6	9:32	0.9	6:05	7:55	
15	Wed	3:08	4.4	3:40	5.5	9:26	0.6	10:38	0.7	6:06	7:54	
16	Thu	4:18	4.4	4:49	5.6	10:34	0.5	11:37	0.4	6:07	7:52	
17	Fri	5:27	4.6	5:53	5.7	11:35	0.4			6:08	7:51	
18	Sat	6:28	4.9	6:49	5.9	12:31	0.1	12:32	0.2	6:09	7:50	
19	Sun	7:21	5.2	7:38	5.9	1:22	-0.1	1:26	0.1	6:10	7:48	
20	Mon	8:09	5.4	8:23	5.9	2:10	-0.2	2:17	0.1	6:11	7:47	
21	Tue	8:54	5.5	9:06	5.7	2:55	-0.3	3:05	0.1	6:12	7:45	
22	Wed	9:38	5.5	9:49	5.5	3:36	-0.2	3:50	0.2	6:13	7:44	
23	Thu	10:21	5.5	10:32	5.1	4:14	0.0	4:31	0.4	6:14	7:42	
24	Fri	11:04	5.3	11:16	4.8	4:49	0.2	5:12	0.6	6:15	7:41	
25	Sat	11:49	5.1			5:23	0.5	5:54	0.9	6:16	7:39	
26	Sun	12:02	4.5	12:34	5.0	5:59	0.9	6:41	1.2	6:17	7:38	
27	Mon	12:51	4.2	1:21	4.8	6:38	1.2	7:38	1.4	6:18	7:36	
28	Tue	1:40	4.0	2:08	4.7	7:31	1.4	8:44	1.5	6:19	7:35	
29	Wed	2:32	3.9	2:59	4.7	8:37	1.5	9:47	1.4	6:20	7:33	
30	Thu	3:28	3.8	3:55	4.7	9:43	1.5	10:43	1.2	6:21	7:32	
31	Fri	4:30	3.9	4:54	4.9	10:41	1.3	11:32	0.9	6:22	7:30	