

Atlantic Highlands, NJ - Oct 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	5:40	4.8	5:58	5.3	11:53	0.8			6:52	6:39	
2	Tue	6:26	5.2	6:44	5.5	12:21	0.3	12:42	0.4	6:53	6:37	
3	Wed	7:08	5.7	7:28	5.7	1:03	0.0	1:30	0.1	6:54	6:35	
4	Thu	7:49	6.0	8:12	5.7	1:46	-0.2	2:20	-0.1	6:55	6:34	
5	Fri	8:32	6.3	8:57	5.6	2:30	-0.3	3:09	-0.2	6:56	6:32	
6	Sat	9:17	6.3	9:47	5.4	3:15	-0.3	3:58	-0.2	6:57	6:30	
7	Sun	10:07	6.2	10:41	5.1	4:00	-0.2	4:48	0.0	6:58	6:29	
8	Mon	11:03	6.0	11:43	4.9	4:48	0.0	5:41	0.2	6:59	6:27	
9	Tue			12:05	5.7	5:39	0.3	6:42	0.5	7:00	6:26	
10	Wed	12:48	4.7	1:10	5.5	6:41	0.7	7:52	0.7	7:01	6:24	
11	Thu	1:52	4.6	2:13	5.3	7:54	0.9	9:02	0.7	7:02	6:23	
12	Fri	2:54	4.7	3:15	5.2	9:09	1.0	10:05	0.6	7:03	6:21	
13	Sat	3:57	4.8	4:17	5.1	10:16	0.8	10:59	0.4	7:04	6:19	
14	Sun	4:57	5.0	5:17	5.1	11:13	0.7	11:46	0.3	7:05	6:18	
15	Mon	5:52	5.3	6:09	5.2			12:03	0.5	7:06	6:16	
16	Tue	6:38	5.5	6:54	5.2	12:28	0.2	12:50	0.4	7:08	6:15	
17	Wed	7:19	5.7	7:34	5.2	1:09	0.2	1:35	0.3	7:09	6:13	
18	Thu	7:57	5.8	8:13	5.1	1:48	0.2	2:18	0.2	7:10	6:12	
19	Fri	8:33	5.7	8:51	4.9	2:25	0.3	2:59	0.3	7:11	6:10	
20	Sat	9:09	5.6	9:29	4.7	3:02	0.5	3:39	0.4	7:12	6:09	
21	Sun	9:45	5.4	10:09	4.4	3:38	0.6	4:17	0.5	7:13	6:08	
22	Mon	10:22	5.2	10:51	4.2	4:12	0.8	4:54	0.7	7:14	6:06	
23	Tue	11:03	4.9	11:40	4.0	4:45	1.1	5:33	0.9	7:15	6:05	
24	Wed	11:50	4.8			5:20	1.3	6:18	1.1	7:16	6:03	
25	Thu	12:33	3.9	12:42	4.6	6:01	1.5	7:13	1.2	7:17	6:02	
26	Fri	1:26	3.9	1:35	4.6	7:00	1.6	8:16	1.2	7:19	6:01	
27	Sat	2:18	4.0	2:28	4.6	8:20	1.6	9:16	1.0	7:20	5:59	
28	Sun	2:09	4.2	2:23	4.7	8:32	1.4	9:09	0.8	6:21	4:58	
29	Mon	3:04	4.5	3:22	4.8	9:32	1.1	9:56	0.5	6:22	4:57	
30	Tue	3:58	5.0	4:20	5.0	10:26	0.6	10:42	0.1	6:23	4:56	
31	Wed	4:50	5.5	5:13	5.2	11:17	0.2	11:27	-0.1	6:24	4:54	