

Atlantic Highlands, NJ - Nov 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	5:37	5.9	6:02	5.3			12:08	-0.1	6:25	4:53	
2	Fri	6:23	6.3	6:51	5.4	12:13	-0.3	1:00	-0.3	6:27	4:52	
3	Sat	7:10	6.5	7:40	5.3	1:02	-0.4	1:53	-0.5	6:28	4:51	
4	Sun	7:59	6.5	8:33	5.2	1:52	-0.4	2:45	-0.5	6:29	4:50	
5	Mon	8:51	6.3	9:30	5.0	2:43	-0.3	3:36	-0.4	6:30	4:48	
6	Tue	9:49	6.0	10:33	4.8	3:35	-0.1	4:29	-0.1	6:31	4:47	
7	Wed	10:51	5.7	11:37	4.7	4:29	0.2	5:27	0.1	6:32	4:46	
8	Thu	11:55	5.4			5:29	0.5	6:30	0.3	6:34	4:45	
9	Fri	12:39	4.7	12:55	5.1	6:39	0.8	7:35	0.4	6:35	4:44	
10	Sat	1:37	4.7	1:52	4.9	7:51	0.9	8:35	0.4	6:36	4:43	
11	Sun	2:34	4.8	2:49	4.7	8:56	0.8	9:28	0.3	6:37	4:42	
12	Mon	3:30	5.0	3:46	4.6	9:53	0.7	10:14	0.3	6:38	4:41	
13	Tue	4:23	5.1	4:40	4.6	10:42	0.5	10:55	0.3	6:39	4:40	
14	Wed	5:09	5.3	5:27	4.6	11:28	0.4	11:35	0.3	6:41	4:40	
15	Thu	5:51	5.5	6:09	4.6			12:11	0.3	6:42	4:39	
16	Fri	6:29	5.5	6:49	4.5	12:14	0.3	12:54	0.2	6:43	4:38	
17	Sat	7:06	5.5	7:28	4.5	12:53	0.4	1:36	0.2	6:44	4:37	
18	Sun	7:42	5.4	8:06	4.3	1:32	0.5	2:16	0.2	6:45	4:36	
19	Mon	8:17	5.3	8:45	4.2	2:11	0.6	2:55	0.3	6:46	4:36	
20	Tue	8:53	5.1	9:26	4.0	2:48	0.7	3:33	0.4	6:47	4:35	
21	Wed	9:31	4.9	10:11	3.9	3:23	0.8	4:10	0.5	6:49	4:34	
22	Thu	10:13	4.7	10:59	3.8	3:58	1.0	4:49	0.6	6:50	4:34	
23	Fri	11:01	4.6	11:50	3.9	4:37	1.1	5:33	0.7	6:51	4:33	
24	Sat	11:53	4.5			5:26	1.2	6:24	0.7	6:52	4:33	
25	Sun	12:39	4.0	12:46	4.5	6:35	1.3	7:22	0.7	6:53	4:32	
26	Mon	1:28	4.3	1:40	4.5	7:51	1.1	8:19	0.5	6:54	4:32	
27	Tue	2:20	4.6	2:39	4.5	8:59	0.8	9:13	0.2	6:55	4:31	
28	Wed	3:17	5.0	3:42	4.5	9:59	0.4	10:04	0.0	6:56	4:31	
29	Thu	4:15	5.4	4:44	4.7	10:55	0.0	10:55	-0.3	6:57	4:31	
30	Fri	5:10	5.8	5:40	4.8	11:49	-0.3	11:47	-0.5	6:58	4:30	