

Bay Head, NJ - Jan 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	12:44	0.3	12:57	0.3	6:50	0.0	7:26	-0.1	7:18	4:41	
2	Tue	1:35	0.3	1:50	0.3	7:38	0.1	8:10	-0.1	7:18	4:42	
3	Wed	2:29	0.3	2:46	0.3	8:36	0.1	9:01	-0.1	7:18	4:43	
4	Thu	3:24	0.3	3:43	0.3	9:48	0.1	10:02	0.0	7:18	4:44	
5	Fri	4:20	0.3	4:44	0.3	11:03	0.1	11:07	0.0	7:18	4:44	
6	Sat	5:21	0.3	5:50	0.3			12:12	0.1	7:18	4:45	
7	Sun	6:26	0.4	7:00	0.3	12:11	-0.1	1:15	0.0	7:18	4:46	
8	Mon	7:32	0.4	8:04	0.3	1:11	-0.1	2:12	-0.1	7:18	4:47	
9	Tue	8:30	0.4	9:01	0.3	2:08	-0.2	3:07	-0.2	7:18	4:48	
10	Wed	9:23	0.4	9:53	0.3	3:04	-0.2	3:59	-0.3	7:17	4:49	
11	Thu	10:11	0.4	10:43	0.3	3:58	-0.2	4:48	-0.3	7:17	4:50	
12	Fri	10:58	0.4	11:31	0.3	4:49	-0.2	5:34	-0.3	7:17	4:51	
13	Sat	11:44	0.4			5:36	-0.2	6:15	-0.3	7:17	4:52	
14	Sun	12:19	0.3	12:29	0.3	6:20	-0.1	6:55	-0.2	7:16	4:54	
15	Mon	1:06	0.3	1:14	0.3	7:02	0.0	7:33	-0.1	7:16	4:55	
16	Tue	1:53	0.3	2:00	0.3	7:46	0.1	8:11	0.0	7:15	4:56	
17	Wed	2:40	0.3	2:47	0.3	8:33	0.2	8:53	0.1	7:15	4:57	
18	Thu	3:25	0.3	3:33	0.3	9:29	0.3	9:41	0.2	7:14	4:58	
19	Fri	4:09	0.3	4:20	0.2	10:31	0.3	10:36	0.2	7:14	4:59	
20	Sat	4:57	0.3	5:13	0.2	11:34	0.3	11:33	0.2	7:13	5:00	
21	Sun	5:49	0.3	6:13	0.2			12:31	0.2	7:13	5:01	
22	Mon	6:47	0.3	7:16	0.2	12:28	0.2	1:23	0.2	7:12	5:03	
23	Tue	7:41	0.3	8:10	0.2	1:19	0.2	2:11	0.1	7:12	5:04	
24	Wed	8:29	0.3	8:55	0.3	2:07	0.1	2:57	0.0	7:11	5:05	
25	Thu	9:11	0.3	9:37	0.3	2:54	0.0	3:42	-0.1	7:10	5:06	
26	Fri	9:51	0.4	10:17	0.3	3:41	-0.1	4:25	-0.2	7:09	5:07	
27	Sat	10:31	0.4	10:56	0.3	4:27	-0.1	5:06	-0.3	7:09	5:08	
28	Sun	11:11	0.4	11:38	0.3	5:11	-0.2	5:45	-0.3	7:08	5:10	
29	Mon	11:54	0.4			5:55	-0.2	6:23	-0.3	7:07	5:11	
30	Tue	12:23	0.3	12:41	0.3	6:40	-0.2	7:02	-0.3	7:06	5:12	
31	Wed	1:12	0.3	1:33	0.3	7:28	-0.1	7:45	-0.2	7:05	5:13	