

Bay Head, NJ - Mar 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	12:50	0.4	1:19	0.3	7:17	-0.2	7:24	-0.2	6:29	5:47	
2	Fri	1:44	0.4	2:17	0.3	8:11	-0.1	8:14	-0.1	6:28	5:48	
3	Sat	2:43	0.3	3:18	0.3	9:17	0.0	9:18	0.0	6:26	5:49	
4	Sun	3:44	0.3	4:21	0.3	10:31	0.1	10:32	0.1	6:24	5:51	
5	Mon	4:48	0.3	5:27	0.3	11:43	0.1	11:45	0.1	6:23	5:52	
6	Tue	5:56	0.3	6:36	0.3			12:46	0.0	6:21	5:53	
7	Wed	7:04	0.3	7:40	0.3	12:50	0.1	1:41	0.0	6:20	5:54	
8	Thu	8:03	0.3	8:33	0.3	1:46	0.0	2:30	-0.1	6:18	5:55	
9	Fri	8:52	0.3	9:18	0.3	2:37	-0.1	3:14	-0.2	6:17	5:56	
10	Sat	9:34	0.3	9:59	0.3	3:25	-0.1	3:56	-0.2	6:15	5:57	
11	Sun	10:14	0.3	10:37	0.4	4:10	-0.1	4:35	-0.2	6:14	5:58	
12	Mon	10:51	0.3	11:14	0.3	4:52	-0.1	5:11	-0.1	6:12	5:59	
13	Tue	11:29	0.3	11:51	0.3	5:31	-0.1	5:44	-0.1	6:10	6:00	
14	Wed			12:06	0.3	6:08	-0.1	6:15	0.0	6:09	6:01	
15	Thu	12:27	0.3	12:44	0.3	6:44	0.0	6:45	0.1	6:07	6:02	
16	Fri	1:04	0.3	1:25	0.3	7:20	0.1	7:15	0.2	6:06	6:03	
17	Sat	1:45	0.3	2:11	0.3	7:59	0.2	7:48	0.3	6:04	6:04	
18	Sun	2:29	0.3	3:01	0.2	8:49	0.3	8:32	0.4	6:02	6:05	
19	Mon	3:19	0.3	3:53	0.2	9:56	0.3	9:44	0.4	6:01	6:06	
20	Tue	4:13	0.3	4:51	0.2	11:07	0.3	11:07	0.4	5:59	6:07	
21	Wed	5:13	0.3	5:54	0.2			12:08	0.3	5:57	6:08	
22	Thu	6:18	0.3	6:56	0.3	12:15	0.3	1:01	0.1	5:56	6:10	
23	Fri	7:19	0.3	7:51	0.3	1:12	0.2	1:48	0.0	5:54	6:11	
24	Sat	8:12	0.3	8:38	0.3	2:04	0.0	2:34	-0.1	5:53	6:12	
25	Sun	9:00	0.4	9:22	0.4	2:55	-0.1	3:19	-0.2	5:51	6:13	
26	Mon	9:45	0.4	10:06	0.4	3:46	-0.2	4:04	-0.3	5:49	6:14	
27	Tue	10:31	0.4	10:51	0.4	4:37	-0.3	4:49	-0.3	5:48	6:15	
28	Wed	11:19	0.4	11:39	0.4	5:26	-0.3	5:34	-0.3	5:46	6:16	
29	Thu			12:11	0.3	6:15	-0.3	6:19	-0.2	5:44	6:17	
30	Fri	12:30	0.4	1:07	0.3	7:05	-0.2	7:07	-0.1	5:43	6:18	
31	Sat	1:27	0.4	2:08	0.3	8:00	-0.1	8:01	0.0	5:41	6:19	