

































Belmar, NJ - Jan 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	9:41	4.6	10:19	4.1	3:25	0.1	4:01	-0.3	7:18	4:40	
2	Tue	10:34	4.4	11:13	4.2	4:13	0.2	4:45	-0.3	7:18	4:41	
3	Wed	11:30	4.2			5:11	0.3	5:36	-0.2	7:18	4:42	
4	Thu	12:08	4.4	12:27	4.0	6:23	0.4	6:37	-0.1	7:18	4:43	
5	Fri	1:04	4.5	1:28	3.8	7:38	0.3	7:42	-0.1	7:18	4:44	
6	Sat	2:05	4.6	2:34	3.7	8:47	0.1	8:46	-0.2	7:18	4:45	
7	Sun	3:10	4.8	3:44	3.8	9:50	-0.1	9:46	-0.3	7:18	4:46	
8	Mon	4:16	4.9	4:48	3.9	10:47	-0.3	10:43	-0.4	7:18	4:47	
9	Tue	5:14	5.1	5:45	4.1	11:42	-0.6	11:39	-0.5	7:18	4:48	
10	Wed	6:07	5.2	6:37	4.3			12:34	-0.7	7:17	4:49	
11	Thu	6:55	5.2	7:27	4.4	12:33	-0.6	1:23	-0.8	7:17	4:50	
12	Fri	7:42	5.1	8:15	4.4	1:24	-0.5	2:09	-0.8	7:17	4:51	
13	Sat	8:28	4.9	9:03	4.3	2:11	-0.4	2:50	-0.7	7:17	4:52	
14	Sun	9:13	4.6	9:50	4.2	2:55	-0.3	3:30	-0.5	7:16	4:53	
15	Mon	9:58	4.3	10:37	4.1	3:37	0.0	4:08	-0.3	7:16	4:54	
16	Tue	10:44	4.0	11:24	4.0	4:21	0.2	4:46	0.0	7:16	4:55	
17	Wed	11:31	3.7			5:08	0.5	5:28	0.2	7:15	4:56	
18	Thu	12:09	3.9	12:17	3.4	6:04	0.7	6:16	0.4	7:15	4:57	
19	Fri	12:53	3.9	1:04	3.2	7:06	0.8	7:11	0.6	7:14	4:59	
20	Sat	1:41	3.8	1:57	3.1	8:09	0.7	8:08	0.6	7:14	5:00	
21	Sun	2:33	3.9	2:57	3.0	9:06	0.6	9:03	0.5	7:13	5:01	
22	Mon	3:31	4.0	4:00	3.1	9:58	0.4	9:54	0.4	7:12	5:02	
23	Tue	4:25	4.2	4:54	3.3	10:46	0.2	10:42	0.2	7:12	5:03	
24	Wed	5:13	4.4	5:39	3.5	11:32	-0.1	11:29	0.0	7:11	5:04	
25	Thu	5:55	4.6	6:21	3.8			12:17	-0.3	7:10	5:06	
26	Fri	6:35	4.8	7:01	4.0	12:16	-0.1	1:00	-0.5	7:09	5:07	
27	Sat	7:15	4.9	7:40	4.1	1:02	-0.3	1:41	-0.7	7:09	5:08	
28	Sun	7:55	4.9	8:22	4.3	1:46	-0.4	2:20	-0.8	7:08	5:09	
29	Mon	8:38	4.8	9:07	4.4	2:30	-0.5	2:58	-0.8	7:07	5:10	
30	Tue	9:25	4.6	9:56	4.5	3:15	-0.4	3:37	-0.7	7:06	5:12	
31	Wed	10:17	4.3	10:49	4.5	4:03	-0.3	4:20	-0.6	7:05	5:13	