































Belmar, NJ - Jul 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	2:30	4.0	3:08	4.7	8:45	0.8	9:33	1.1	5:30	8:29	
2	Mon	3:22	3.8	3:58	4.7	9:33	0.9	10:25	1.0	5:30	8:29	
3	Tue	4:18	3.7	4:50	4.8	10:20	0.9	11:13	0.8	5:31	8:29	
4	Wed	5:15	3.7	5:39	4.9	11:06	0.9	11:59	0.7	5:31	8:28	
5	Thu	6:06	3.8	6:24	5.0	11:51	0.8			5:32	8:28	
6	Fri	6:51	4.0	7:05	5.1	12:44	0.5	12:36	0.8	5:32	8:28	
7	Sat	7:33	4.1	7:43	5.2	1:29	0.4	1:21	0.7	5:33	8:28	
8	Sun	8:13	4.1	8:20	5.2	2:12	0.2	2:06	0.7	5:34	8:27	
9	Mon	8:52	4.2	8:57	5.2	2:52	0.1	2:48	0.6	5:34	8:27	
10	Tue	9:31	4.3	9:36	5.1	3:30	0.1	3:29	0.6	5:35	8:27	
11	Wed	10:12	4.4	10:18	5.0	4:05	0.1	4:09	0.6	5:36	8:26	
12	Thu	10:57	4.5	11:05	4.8	4:41	0.1	4:52	0.7	5:36	8:26	
13	Fri	11:46	4.7	11:58	4.6	5:19	0.1	5:42	0.8	5:37	8:25	
14	Sat			12:37	4.9	6:02	0.2	6:45	0.9	5:38	8:25	
15	Sun	12:53	4.5	1:30	5.0	6:55	0.3	7:58	0.9	5:39	8:24	
16	Mon	1:51	4.3	2:26	5.2	7:58	0.4	9:10	0.7	5:39	8:24	
17	Tue	2:53	4.2	3:28	5.3	9:04	0.3	10:15	0.5	5:40	8:23	
18	Wed	4:02	4.2	4:35	5.4	10:08	0.3	11:15	0.3	5:41	8:22	
19	Thu	5:12	4.3	5:39	5.6	11:09	0.1			5:42	8:22	
20	Fri	6:14	4.5	6:37	5.7	12:12	0.0	12:07	0.0	5:43	8:21	
21	Sat	7:10	4.8	7:29	5.8	1:06	-0.2	1:04	0.0	5:44	8:20	
22	Sun	8:03	4.9	8:18	5.7	1:58	-0.3	1:59	0.0	5:44	8:19	
23	Mon	8:53	5.0	9:06	5.6	2:47	-0.4	2:51	0.0	5:45	8:19	
24	Tue	9:43	5.0	9:54	5.3	3:31	-0.4	3:38	0.1	5:46	8:18	
25	Wed	10:32	5.0	10:41	5.0	4:13	-0.2	4:24	0.4	5:47	8:17	
26	Thu	11:21	4.9	11:29	4.7	4:52	0.0	5:09	0.6	5:48	8:16	
27	Fri			12:09	4.8	5:32	0.3	5:57	0.9	5:49	8:15	
28	Sat	12:17	4.3	12:55	4.7	6:13	0.6	6:51	1.1	5:50	8:14	
29	Sun	1:04	4.1	1:40	4.6	7:00	0.9	7:51	1.2	5:51	8:13	
30	Mon	1:52	3.8	2:26	4.5	7:52	1.1	8:53	1.3	5:52	8:12	
31	Tue	2:42	3.7	3:16	4.5	8:48	1.2	9:50	1.2	5:52	8:11	