

Fishing Creek entrance, NJ - Jan 1990

| Date | | High | | | | Low | | | | ☀ | | ☾ |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|------|------|------|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Mon | 11:47 | 5.5 | | | 5:52 | -0.2 | 6:37 | -0.2 | 7:20 | 4:48 | ☾ |
| 2 | Tue | 12:17 | 4.9 | 12:36 | 5.3 | 6:43 | -0.1 | 7:21 | -0.2 | 7:20 | 4:49 | ☾ |
| 3 | Wed | 1:08 | 5.0 | 1:32 | 5.2 | 7:41 | 0.0 | 8:11 | -0.2 | 7:20 | 4:50 | ☾ |
| 4 | Thu | 2:05 | 5.1 | 2:33 | 4.9 | 8:46 | 0.1 | 9:06 | -0.2 | 7:20 | 4:50 | ☾ |
| 5 | Fri | 3:08 | 5.2 | 3:40 | 4.7 | 9:53 | 0.1 | 10:05 | -0.1 | 7:20 | 4:51 | ☾ |
| 6 | Sat | 4:13 | 5.3 | 4:47 | 4.6 | 11:01 | 0.1 | 11:06 | -0.2 | 7:20 | 4:52 | ☾ |
| 7 | Sun | 5:18 | 5.4 | 5:52 | 4.6 | | | 12:06 | 0.0 | 7:20 | 4:53 | ☾ |
| 8 | Mon | 6:20 | 5.5 | 6:53 | 4.7 | 12:07 | -0.2 | 1:08 | -0.2 | 7:20 | 4:54 | ☾ |
| 9 | Tue | 7:18 | 5.6 | 7:49 | 4.7 | 1:07 | -0.3 | 2:05 | -0.3 | 7:20 | 4:55 | ☾ |
| 10 | Wed | 8:12 | 5.7 | 8:42 | 4.8 | 2:04 | -0.4 | 2:59 | -0.4 | 7:19 | 4:56 | ☾ |
| 11 | Thu | 9:04 | 5.7 | 9:33 | 4.8 | 2:57 | -0.4 | 3:49 | -0.5 | 7:19 | 4:57 | ☾ |
| 12 | Fri | 9:53 | 5.6 | 10:22 | 4.8 | 3:48 | -0.5 | 4:35 | -0.5 | 7:19 | 4:58 | ☾ |
| 13 | Sat | 10:39 | 5.5 | 11:09 | 4.8 | 4:35 | -0.4 | 5:19 | -0.5 | 7:19 | 4:59 | ☾ |
| 14 | Sun | 11:25 | 5.4 | 11:56 | 4.8 | 5:22 | -0.3 | 6:01 | -0.4 | 7:18 | 5:00 | ☾ |
| 15 | Mon | | | 12:11 | 5.2 | 6:07 | -0.2 | 6:42 | -0.3 | 7:18 | 5:01 | ☾ |
| 16 | Tue | 12:42 | 4.8 | 12:57 | 5.0 | 6:53 | -0.1 | 7:23 | -0.2 | 7:18 | 5:02 | ☾ |
| 17 | Wed | 1:29 | 4.8 | 1:46 | 4.8 | 7:42 | 0.1 | 8:04 | -0.2 | 7:17 | 5:03 | ☾ |
| 18 | Thu | 2:17 | 4.8 | 2:37 | 4.6 | 8:32 | 0.1 | 8:48 | -0.1 | 7:17 | 5:05 | ☾ |
| 19 | Fri | 3:08 | 4.8 | 3:32 | 4.4 | 9:26 | 0.2 | 9:34 | 0.0 | 7:16 | 5:06 | ☾ |
| 20 | Sat | 4:00 | 4.9 | 4:28 | 4.3 | 10:22 | 0.2 | 10:24 | 0.0 | 7:16 | 5:07 | ☾ |
| 21 | Sun | 4:54 | 4.9 | 5:24 | 4.3 | 11:19 | 0.1 | 11:16 | 0.0 | 7:15 | 5:08 | ☾ |
| 22 | Mon | 5:46 | 5.0 | 6:16 | 4.3 | | | 12:14 | 0.0 | 7:15 | 5:09 | ☾ |
| 23 | Tue | 6:36 | 5.1 | 7:05 | 4.3 | 12:09 | -0.1 | 1:07 | -0.1 | 7:14 | 5:10 | ☾ |
| 24 | Wed | 7:22 | 5.2 | 7:50 | 4.4 | 1:00 | -0.2 | 1:56 | -0.2 | 7:13 | 5:11 | ☾ |
| 25 | Thu | 8:05 | 5.3 | 8:32 | 4.5 | 1:50 | -0.3 | 2:43 | -0.3 | 7:13 | 5:12 | ☾ |
| 26 | Fri | 8:46 | 5.4 | 9:11 | 4.6 | 2:38 | -0.4 | 3:27 | -0.4 | 7:12 | 5:14 | ☾ |
| 27 | Sat | 9:25 | 5.5 | 9:49 | 4.8 | 3:24 | -0.5 | 4:08 | -0.4 | 7:11 | 5:15 | ☾ |
| 28 | Sun | 10:05 | 5.5 | 10:29 | 5.0 | 4:09 | -0.5 | 4:49 | -0.4 | 7:10 | 5:16 | ☾ |
| 29 | Mon | 10:47 | 5.5 | 11:11 | 5.1 | 4:55 | -0.5 | 5:29 | -0.4 | 7:10 | 5:17 | ☾ |
| 30 | Tue | 11:32 | 5.4 | 11:56 | 5.3 | 5:42 | -0.4 | 6:11 | -0.4 | 7:09 | 5:18 | ☾ |
| 31 | Wed | | | 12:21 | 5.2 | 6:34 | -0.3 | 6:55 | -0.3 | 7:08 | 5:19 | ☾ |