

































Highlands, NJ - Jan 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	10:33	4.3	11:11	3.9	4:24	0.1	5:00	-0.3	7:18	4:40	
2	Tue	11:26	4.2			5:12	0.2	5:44	-0.3	7:19	4:40	
3	Wed	12:05	4.0	12:22	4.0	6:10	0.3	6:35	-0.2	7:19	4:41	
4	Thu	1:00	4.1	1:19	3.8	7:22	0.4	7:36	-0.1	7:19	4:42	
5	Fri	1:56	4.3	2:20	3.6	8:37	0.3	8:41	-0.1	7:19	4:43	
6	Sat	2:57	4.4	3:26	3.5	9:46	0.1	9:45	-0.2	7:19	4:44	
7	Sun	4:02	4.5	4:36	3.6	10:49	-0.1	10:45	-0.3	7:18	4:45	
8	Mon	5:08	4.7	5:40	3.7	11:46	-0.3	11:42	-0.4	7:18	4:46	
9	Tue	6:06	4.8	6:37	3.9			12:41	-0.5	7:18	4:47	
10	Wed	6:59	4.9	7:29	4.1	12:38	-0.5	1:33	-0.7	7:18	4:48	
11	Thu	7:47	4.9	8:19	4.1	1:32	-0.5	2:22	-0.8	7:18	4:49	
12	Fri	8:34	4.8	9:07	4.1	2:23	-0.5	3:08	-0.8	7:17	4:50	
13	Sat	9:20	4.6	9:55	4.1	3:10	-0.4	3:49	-0.7	7:17	4:51	
14	Sun	10:05	4.4	10:42	4.0	3:54	-0.3	4:29	-0.5	7:17	4:52	
15	Mon	10:50	4.1	11:29	3.9	4:36	0.0	5:07	-0.3	7:16	4:53	
16	Tue	11:36	3.8			5:20	0.2	5:45	0.0	7:16	4:54	
17	Wed	12:16	3.8	12:23	3.5	6:07	0.5	6:27	0.2	7:16	4:56	
18	Thu	1:01	3.7	1:09	3.2	7:03	0.6	7:15	0.4	7:15	4:57	
19	Fri	1:45	3.7	1:56	3.0	8:05	0.7	8:10	0.5	7:15	4:58	
20	Sat	2:33	3.6	2:49	2.9	9:08	0.7	9:07	0.6	7:14	4:59	
21	Sun	3:25	3.6	3:49	2.9	10:05	0.6	10:02	0.5	7:13	5:00	
22	Mon	4:23	3.7	4:52	3.0	10:57	0.4	10:53	0.4	7:13	5:01	
23	Tue	5:17	3.9	5:46	3.1	11:45	0.1	11:41	0.2	7:12	5:03	
24	Wed	6:05	4.2	6:31	3.3			12:31	-0.1	7:11	5:04	
25	Thu	6:47	4.4	7:13	3.6	12:28	0.0	1:16	-0.3	7:11	5:05	
26	Fri	7:27	4.6	7:53	3.8	1:15	-0.1	1:59	-0.5	7:10	5:06	
27	Sat	8:07	4.7	8:32	3.9	2:01	-0.3	2:40	-0.7	7:09	5:07	
28	Sun	8:47	4.6	9:14	4.1	2:45	-0.4	3:19	-0.8	7:08	5:09	
29	Mon	9:30	4.5	9:59	4.2	3:29	-0.5	3:57	-0.8	7:07	5:10	
30	Tue	10:17	4.4	10:48	4.3	4:14	-0.4	4:36	-0.7	7:07	5:11	
31	Wed	11:09	4.1	11:41	4.3	5:02	-0.3	5:19	-0.6	7:06	5:12	