
































## Highlands, NJ - Jun 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	3:11	4.1	3:52	4.4	9:43	0.5	10:14	0.9	5:27	8:19	
2	Sat	4:02	3.9	4:43	4.4	10:32	0.6	11:08	0.8	5:27	8:20	
3	Sun	4:56	3.8	5:33	4.5	11:16	0.6	11:56	0.7	5:26	8:21	
4	Mon	5:51	3.7	6:20	4.7	11:58	0.6			5:26	8:21	
5	Tue	6:41	3.8	7:03	4.8	12:41	0.6	12:39	0.6	5:26	8:22	
6	Wed	7:26	3.8	7:43	4.9	1:25	0.5	1:20	0.6	5:26	8:23	
7	Thu	8:08	3.8	8:21	4.9	2:09	0.4	2:02	0.6	5:25	8:23	
8	Fri	8:48	3.9	8:58	4.9	2:53	0.3	2:45	0.7	5:25	8:24	
9	Sat	9:28	3.8	9:33	4.8	3:35	0.3	3:26	0.7	5:25	8:24	
10	Sun	10:08	3.8	10:10	4.7	4:14	0.2	4:06	0.8	5:25	8:25	
11	Mon	10:48	3.8	10:48	4.6	4:52	0.3	4:43	0.8	5:25	8:25	
12	Tue	11:31	3.8	11:30	4.5	5:28	0.3	5:21	0.9	5:25	8:26	
13	Wed			12:18	3.9	6:06	0.3	6:03	0.9	5:25	8:26	
14	Thu	12:19	4.4	1:07	4.0	6:46	0.4	6:56	1.0	5:25	8:27	
15	Fri	1:12	4.4	1:56	4.3	7:34	0.4	8:03	1.0	5:25	8:27	
16	Sat	2:06	4.3	2:47	4.5	8:29	0.4	9:18	0.9	5:25	8:28	
17	Sun	3:03	4.2	3:42	4.8	9:28	0.3	10:27	0.7	5:25	8:28	
18	Mon	4:05	4.1	4:42	5.0	10:28	0.2	11:29	0.4	5:25	8:28	
19	Tue	5:12	4.1	5:45	5.3	11:26	0.1			5:25	8:29	
20	Wed	6:19	4.2	6:45	5.5	12:28	0.1	12:23	-0.1	5:25	8:29	
21	Thu	7:19	4.4	7:41	5.7	1:25	-0.1	1:19	-0.1	5:25	8:29	
22	Fri	8:15	4.5	8:34	5.7	2:21	-0.3	2:17	-0.2	5:26	8:29	
23	Sat	9:10	4.6	9:26	5.6	3:16	-0.4	3:14	-0.1	5:26	8:29	
24	Sun	10:05	4.6	10:19	5.4	4:07	-0.5	4:07	0.0	5:26	8:29	
25	Mon	11:00	4.6	11:12	5.1	4:55	-0.4	4:58	0.1	5:26	8:30	
26	Tue	11:56	4.5			5:41	-0.3	5:48	0.4	5:27	8:30	
27	Wed	12:05	4.8	12:49	4.5	6:27	0.0	6:39	0.6	5:27	8:30	
28	Thu	12:57	4.5	1:40	4.5	7:15	0.2	7:35	0.9	5:28	8:30	
29	Fri	1:47	4.2	2:27	4.4	8:04	0.5	8:35	1.0	5:28	8:30	
30	Sat	2:34	4.0	3:13	4.4	8:54	0.6	9:35	1.1	5:28	8:30	