US HARBORS www.USHarbors.com

Highlands, NJ - Jul 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	3:22	3.7	4:00	4.4	9:44	0.8	10:32	1.0	5:29	8:30	
2	Mon	4:14	3.6	4:50	4.4	10:32	0.8	11:24	0.9	5:29	8:29	
3	Tue	5:10	3.5	5:42	4.5	11:19	0.8			5:30	8:29	
4	Wed	6:07	3.5	6:31	4.6	12:12	0.8	12:05	0.8	5:31	8:29	
5	Thu	6:58	3.6	7:16	4.7	12:58	0.6	12:50	0.8	5:31	8:29	
6	Fri	7:43	3.8	7:57	4.8	1:43	0.5	1:35	0.7	5:32	8:29	
7	Sat	8:25	3.9	8:35	4.9	2:28	0.3	2:20	0.7	5:32	8:28	
8	Sun	9:05	3.9	9:12	4.9	3:11	0.2	3:05	0.6	5:33	8:28	
9	Mon	9:44	4.0	9:49	4.9	3:51	0.1	3:47	0.6	5:34	8:28	
10	Tue	10:23	4.1	10:28	4.8	4:29	0.1	4:28	0.6	5:34	8:27	
11	Wed	11:04	4.1	11:10	4.7	5:04	0.1	5:08	0.6	5:35	8:27	
12	Thu	11:49	4.3	11:57	4.6	5:40	0.1	5:51	0.7	5:36	8:26	
13	Fri			12:38	4.4	6:18	0.1	6:41	0.7	5:36	8:26	
14	Sat	12:50	4.4	1:29	4.6	7:01	0.2	7:44	0.8	5:37	8:25	
15	Sun	1:45	4.2	2:22	4.8	7:54	0.3	8:57	0.8	5:38	8:25	
16	Mon	2:43	4.1	3:18	4.9	8:57	0.3	10:09	0.7	5:39	8:24	
17	Tue	3:45	4.0	4:20	5.0	10:03	0.3	11:14	0.5	5:40	8:24	
18	Wed	4:54	4.0	5:27	5.1	11:07	0.2			5:40	8:23	
19	Thu	6:04	4.1	6:31	5.3	12:14	0.3	12:08	0.1	5:41	8:22	
20	Fri	7:06	4.3	7:29	5.4	1:11	0.0	1:06	0.0	5:42	8:21	
21	Sat	8:02	4.5	8:21	5.5	2:05	-0.2	2:03	0.0	5:43	8:21	
22	Sun	8:55	4.7	9:10	5.4	2:57	-0.3	2:58	0.0	5:44	8:20	
23	Mon	9:45	4.7	9:58	5.3	3:46	-0.4	3:50	0.0	5:45	8:19	
24	Tue	10:35	4.7	10:46	5.0	4:30	-0.4	4:37	0.1	5:45	8:18	
25	Wed	11:24	4.7	11:33	4.7	5:12	-0.2	5:23	0.3	5:46	8:17	
26	Thu			12:13	4.6	5:51	0.0	6:08	0.6	5:47	8:17	
27	Fri	12:21	4.4	1:01	4.5	6:31	0.3	6:56	0.8	5:48	8:16	
28	Sat	1:09	4.1	1:47	4.4	7:12	0.6	7:50	1.1	5:49	8:15	
29	Sun	1:56	3.8	2:32	4.4	7:59	0.8	8:50	1.2	5:50	8:14	
30	Mon	2:44	3.6	3:18	4.3	8:51	1.0	9:52	1.2	5:51	8:13	
31	Tue	3:34	3.5	4:08	4.3	9:47	1.1	10:49	1.1	5:52	8:12	