US HARBORS www.USHarbors.com

Highlands, NJ - Aug 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	4:31	3.4	5:03	4.3	10:43	1.1	11:40	0.9	5:53	8:11	
2	Thu	5:33	3.5	5:58	4.5	11:34	1.0			5:54	8:10	
3	Fri	6:29	3.6	6:48	4.6	12:28	0.8	12:23	0.9	5:55	8:08	
4	Sat	7:17	3.8	7:31	4.8	1:14	0.5	1:10	0.7	5:56	8:07	
5	Sun	7:59	4.0	8:11	5.0	1:58	0.4	1:56	0.6	5:57	8:06	
6	Mon	8:38	4.2	8:49	5.1	2:41	0.2	2:42	0.5	5:58	8:05	
7	Tue	9:16	4.4	9:27	5.1	3:21	0.0	3:27	0.4	5:59	8:04	
8	Wed	9:55	4.5	10:06	5.0	3:59	-0.1	4:10	0.3	5:59	8:03	
9	Thu	10:35	4.7	10:50	4.8	4:36	-0.1	4:53	0.3	6:00	8:01	
10	Fri	11:20	4.8	11:38	4.6	5:13	-0.1	5:38	0.4	6:01	8:00	
11	Sat			12:11	4.8	5:51	0.0	6:28	0.5	6:02	7:59	
12	Sun	12:32	4.4	1:06	4.9	6:35	0.2	7:29	0.7	6:03	7:58	
13	Mon	1:31	4.2	2:03	4.9	7:30	0.4	8:42	0.8	6:04	7:56	
14	Tue	2:31	4.0	3:02	4.9	8:37	0.5	9:56	0.8	6:05	7:55	
15	Wed	3:35	3.9	4:07	4.9	9:50	0.6	11:02	0.6	6:06	7:54	
16	Thu	4:45	4.0	5:16	5.0	10:58	0.5			6:07	7:52	
17	Fri	5:54	4.1	6:20	5.1	12:01	0.4	11:59 AM	0.3	6:08	7:51	
18	Sat	6:55	4.4	7:16	5.2	12:55	0.1	12:56	0.2	6:09	7:49	
19	Sun	7:48	4.7	8:05	5.3	1:46	-0.1	1:50	0.1	6:10	7:48	
20	Mon	8:36	4.8	8:50	5.3	2:34	-0.2	2:41	0.1	6:11	7:46	
21	Tue	9:21	4.9	9:33	5.1	3:19	-0.2	3:29	0.1	6:12	7:45	
22	Wed	10:05	4.9	10:16	4.9	4:00	-0.2	4:14	0.2	6:13	7:44	
23	Thu	10:48	4.9	10:59	4.6	4:38	0.0	4:55	0.3	6:14	7:42	
24	Fri	11:31	4.7	11:43	4.3	5:13	0.2	5:36	0.6	6:15	7:41	
25	Sat			12:16	4.6	5:47	0.5	6:18	0.8	6:16	7:39	
26	Sun	12:29	4.0	1:01	4.4	6:23	0.8	7:05	1.1	6:17	7:38	
27	Mon	1:18	3.7	1:48	4.3	7:02	1.0	8:02	1.2	6:18	7:36	
28	Tue	2:07	3.6	2:35	4.2	7:55	1.3	9:08	1.3	6:19	7:34	
29	Wed	2:59	3.5	3:26	4.2	9:01	1.4	10:11	1.3	6:20	7:33	
30	Thu	3:55	3.4	4:22	4.2	10:07	1.3	11:07	1.1	6:21	7:31	
31	Fri	4:57	3.5	5:21	4.4	11:05	1.2	11:56	0.8	6:22	7:30	