US HARBORS www.USHarbors.com

Highlands, NJ - Dec 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	6:30	5.5	7:01	4.4	12:11	-0.4	1:08	-0.5	6:59	4:30	
2	Sun	7:21	5.6	7:54	4.5	1:05	-0.5	2:02	-0.6	7:00	4:30	
3	Mon	8:12	5.6	8:48	4.4	1:59	-0.6	2:55	-0.7	7:01	4:29	
4	Tue	9:06	5.4	9:45	4.4	2:54	-0.5	3:46	-0.7	7:02	4:29	
5	Wed	10:02	5.2	10:45	4.3	3:47	-0.3	4:37	-0.5	7:03	4:29	
6	Thu	11:01	4.9	11:45	4.2	4:40	-0.1	5:29	-0.3	7:04	4:29	
7	Fri			12:00	4.5	5:36	0.2	6:24	-0.1	7:05	4:29	
8	Sat	12:43	4.2	12:56	4.3	6:39	0.5	7:23	0.1	7:06	4:29	
9	Sun	1:37	4.2	1:49	4.0	7:46	0.6	8:20	0.2	7:07	4:29	
10	Mon	2:29	4.2	2:41	3.7	8:51	0.6	9:13	0.3	7:07	4:29	
11	Tue	3:22	4.2	3:36	3.6	9:49	0.6	10:01	0.3	7:08	4:29	
12	Wed	4:14	4.2	4:33	3.5	10:40	0.4	10:45	0.3	7:09	4:29	
13	Thu	5:04	4.3	5:25	3.5	11:27	0.3	11:27	0.3	7:10	4:29	
14	Fri	5:50	4.5	6:12	3.6			12:11	0.2	7:11	4:30	
15	Sat	6:31	4.5	6:54	3.6	12:08	0.3	12:55	0.1	7:11	4:30	
16	Sun	7:10	4.6	7:35	3.6	12:50	0.3	1:38	0.0	7:12	4:30	
17	Mon	7:48	4.6	8:14	3.6	1:32	0.3	2:19	0.0	7:13	4:31	
18	Tue	8:24	4.5	8:52	3.6	2:14	0.3	2:59	-0.1	7:13	4:31	
19	Wed	8:59	4.4	9:31	3.5	2:53	0.3	3:36	-0.1	7:14	4:31	
20	Thu	9:35	4.3	10:10	3.5	3:30	0.4	4:11	0.0	7:14	4:32	
21	Fri	10:12	4.2	10:52	3.5	4:05	0.5	4:46	0.0	7:15	4:32	
22	Sat	10:55	4.0	11:38	3.6	4:42	0.5	5:22	0.1	7:15	4:33	
23	Sun	11:44	3.9			5:26	0.6	6:03	0.1	7:16	4:33	
24	Mon	12:26	3.7	12:36	3.8	6:23	0.7	6:53	0.2	7:16	4:34	
25	Tue	1:16	3.9	1:32	3.7	7:38	0.7	7:53	0.1	7:17	4:34	
26	Wed	2:09	4.1	2:31	3.6	8:52	0.5	8:55	0.0	7:17	4:35	
27	Thu	3:08	4.4	3:38	3.6	9:59	0.2	9:57	-0.2	7:17	4:36	
28	Fri	4:13	4.6	4:47	3.7	11:00	-0.1	10:55	-0.3	7:18	4:36	
29	Sat	5:16	4.9	5:50	3.9	11:57	-0.4	11:53	-0.5	7:18	4:37	
30	Sun	6:15	5.1	6:47	4.1			12:53	-0.6	7:18	4:38	
31	Mon	7:09	5.3	7:42	4.3	12:50	-0.7	1:48	-0.8	7:18	4:39	