

































Island Beach, NJ - Jan 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	1:07	0.3	1:20	0.4	7:38	0.0	8:14	0.0	7:17	4:42	
2	Tue	1:58	0.3	2:13	0.4	8:26	0.0	8:58	0.0	7:17	4:43	
3	Wed	2:52	0.4	3:09	0.4	9:24	0.0	9:49	0.0	7:17	4:43	
4	Thu	3:47	0.4	4:06	0.3	10:36	0.0	10:50	0.0	7:17	4:44	
5	Fri	4:43	0.4	5:07	0.3	11:51	0.0	11:55	0.0	7:17	4:45	
6	Sat	5:44	0.4	6:13	0.3			1:00	0.0	7:17	4:46	
7	Sun	6:49	0.4	7:23	0.3	12:59	0.0	2:03	0.0	7:17	4:47	
8	Mon	7:55	0.4	8:27	0.3	1:59	0.0	3:00	0.0	7:17	4:48	
9	Tue	8:53	0.4	9:24	0.3	2:56	0.0	3:55	0.0	7:17	4:49	
10	Wed	9:46	0.4	10:16	0.4	3:52	0.0	4:47	-0.1	7:17	4:50	
11	Thu	10:34	0.4	11:06	0.4	4:46	0.0	5:36	-0.1	7:17	4:51	
12	Fri	11:21	0.4	11:54	0.4	5:37	0.0	6:22	-0.1	7:16	4:52	
13	Sat			12:07	0.4	6:24	0.0	7:03	-0.1	7:16	4:53	
14	Sun	12:42	0.4	12:52	0.4	7:08	0.0	7:43	0.0	7:16	4:54	
15	Mon	1:29	0.4	1:37	0.4	7:50	0.0	8:21	0.0	7:15	4:55	
16	Tue	2:16	0.3	2:23	0.3	8:34	0.0	8:59	0.0	7:15	4:56	
17	Wed	3:03	0.3	3:10	0.3	9:21	0.0	9:41	0.0	7:15	4:57	
18	Thu	3:48	0.3	3:56	0.3	10:17	0.1	10:29	0.0	7:14	4:59	
19	Fri	4:32	0.3	4:43	0.3	11:19	0.1	11:24	0.0	7:14	5:00	
20	Sat	5:20	0.3	5:36	0.3			12:22	0.1	7:13	5:01	
21	Sun	6:12	0.3	6:36	0.3	12:21	0.1	1:19	0.1	7:12	5:02	
22	Mon	7:10	0.3	7:39	0.3	1:16	0.0	2:11	0.0	7:12	5:03	
23	Tue	8:04	0.4	8:33	0.3	2:07	0.0	2:59	0.0	7:11	5:04	
24	Wed	8:52	0.4	9:18	0.3	2:55	0.0	3:45	0.0	7:10	5:06	
25	Thu	9:34	0.4	10:00	0.3	3:42	0.0	4:30	0.0	7:10	5:07	
26	Fri	10:14	0.4	10:40	0.3	4:29	0.0	5:13	0.0	7:09	5:08	
27	Sat	10:54	0.4	11:19	0.3	5:15	0.0	5:54	-0.1	7:08	5:09	
28	Sun	11:34	0.4			5:59	0.0	6:33	-0.1	7:07	5:10	
29	Mon	12:01	0.4	12:17	0.4	6:43	0.0	7:11	-0.1	7:07	5:11	
30	Tue	12:46	0.4	1:04	0.4	7:28	0.0	7:50	-0.1	7:06	5:13	
31	Wed	1:35	0.4	1:56	0.4	8:16	0.0	8:33	0.0	7:05	5:14	