





























Island Beach, NJ - May 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	4:37	0.4	5:21	0.4	11:39	0.0	11:50	0.1	5:56	7:50	
2	Wed	5:35	0.4	6:17	0.4			12:42	0.0	5:55	7:51	
3	Thu	6:31	0.4	7:14	0.4	12:59	0.1	1:39	0.0	5:54	7:52	
4	Fri	7:29	0.4	8:09	0.4	2:00	0.1	2:28	0.0	5:52	7:53	
5	Sat	8:25	0.4	8:59	0.4	2:53	0.1	3:11	0.0	5:51	7:54	
6	Sun	9:16	0.4	9:42	0.4	3:40	0.0	3:51	0.0	5:50	7:55	
7	Mon	10:01	0.4	10:22	0.4	4:24	0.0	4:30	0.0	5:49	7:56	
8	Tue	10:41	0.4	10:59	0.4	5:07	0.0	5:09	0.0	5:48	7:57	
9	Wed	11:20	0.4	11:34	0.4	5:49	0.0	5:48	0.0	5:47	7:58	
10	Thu	11:58	0.4			6:30	0.0	6:26	0.0	5:46	7:59	
11	Fri	12:09	0.4	12:36	0.3	7:10	0.0	7:03	0.1	5:45	8:00	
12	Sat	12:43	0.4	1:15	0.3	7:48	0.0	7:39	0.1	5:44	8:01	
13	Sun	1:18	0.4	1:56	0.3	8:25	0.0	8:13	0.1	5:43	8:02	
14	Mon	1:55	0.4	2:41	0.3	9:02	0.0	8:48	0.1	5:42	8:03	
15	Tue	2:39	0.4	3:30	0.3	9:42	0.1	9:30	0.1	5:41	8:04	
16	Wed	3:31	0.4	4:21	0.3	10:29	0.1	10:26	0.1	5:40	8:04	
17	Thu	4:25	0.4	5:11	0.3	11:26	0.1	11:42	0.1	5:39	8:05	
18	Fri	5:21	0.4	6:03	0.4			12:25	0.0	5:38	8:06	
19	Sat	6:19	0.4	7:00	0.4	12:58	0.1	1:22	0.0	5:37	8:07	
20	Sun	7:22	0.4	7:59	0.4	2:04	0.1	2:16	0.0	5:37	8:08	
21	Mon	8:27	0.4	8:57	0.5	3:03	0.0	3:08	0.0	5:36	8:09	
22	Tue	9:27	0.4	9:52	0.5	3:59	0.0	4:00	0.0	5:35	8:10	
23	Wed	10:23	0.4	10:44	0.5	4:55	0.0	4:53	0.0	5:34	8:11	
24	Thu	11:17	0.4	11:35	0.5	5:51	0.0	5:48	0.0	5:34	8:12	
25	Fri			12:11	0.4	6:45	0.0	6:43	0.0	5:33	8:12	
26	Sat	12:28	0.5	1:07	0.4	7:37	0.0	7:36	0.0	5:32	8:13	
27	Sun	1:22	0.5	2:06	0.4	8:28	0.0	8:28	0.0	5:32	8:14	
28	Mon	2:20	0.5	3:06	0.4	9:18	0.0	9:22	0.0	5:31	8:15	
29	Tue	3:18	0.4	4:04	0.4	10:12	0.0	10:20	0.1	5:31	8:16	
30	Wed	4:14	0.4	4:58	0.4	11:08	0.0	11:23	0.1	5:30	8:16	
31	Thu	5:07	0.4	5:49	0.4			12:04	0.0	5:30	8:17	