

































## Island Beach, NJ - Jul 1990

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