

Island Beach, NJ - Jul 1991

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