

Lanoka Harbor, NJ - Jan 1990

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