

Lanoka Harbor, NJ - Mar 1990

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