

Lanoka Harbor, NJ - Jul 1990

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