

Lanoka Harbor, NJ - Aug 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	7:37	0.3	8:09	0.4	2:20	0.1	2:14	0.1	5:55	8:10	
2	Thu	8:39	0.3	9:04	0.4	3:11	0.1	3:05	0.1	5:56	8:09	
3	Fri	9:35	0.3	9:54	0.4	3:59	0.1	3:54	0.1	5:57	8:08	
4	Sat	10:23	0.3	10:37	0.4	4:45	0.0	4:41	0.1	5:58	8:07	
5	Sun	11:05	0.4	11:17	0.4	5:29	0.0	5:27	0.1	5:58	8:06	
6	Mon	11:44	0.4	11:55	0.4	6:12	0.0	6:13	0.0	5:59	8:05	
7	Tue			12:22	0.4	6:52	0.0	6:58	0.0	6:00	8:03	
8	Wed	12:33	0.4	1:01	0.4	7:30	0.0	7:41	0.0	6:01	8:02	
9	Thu	1:12	0.4	1:41	0.4	8:07	0.0	8:24	0.0	6:02	8:01	
10	Fri	1:56	0.4	2:26	0.4	8:44	0.0	9:09	0.0	6:03	8:00	
11	Sat	2:44	0.4	3:17	0.4	9:22	0.0	9:59	0.0	6:04	7:58	
12	Sun	3:38	0.4	4:12	0.4	10:06	0.0	11:00	0.1	6:05	7:57	
13	Mon	4:37	0.4	5:09	0.4	11:01	0.0			6:06	7:56	
14	Tue	5:37	0.4	6:08	0.4	12:13	0.1	12:08	0.0	6:07	7:55	
15	Wed	6:41	0.3	7:13	0.4	1:27	0.1	1:21	0.0	6:08	7:53	
16	Thu	7:51	0.4	8:22	0.4	2:33	0.1	2:29	0.0	6:09	7:52	
17	Fri	9:00	0.4	9:26	0.5	3:32	0.0	3:30	0.0	6:10	7:51	
18	Sat	10:01	0.4	10:22	0.5	4:26	0.0	4:27	0.0	6:11	7:49	
19	Sun	10:54	0.4	11:11	0.5	5:17	0.0	5:21	0.0	6:12	7:48	
20	Mon	11:42	0.4	11:56	0.5	6:05	0.0	6:12	0.0	6:13	7:46	
21	Tue			12:27	0.4	6:50	0.0	7:00	0.0	6:14	7:45	
22	Wed	12:39	0.5	1:11	0.4	7:31	0.0	7:45	0.0	6:15	7:43	
23	Thu	1:22	0.4	1:54	0.4	8:09	0.0	8:26	0.0	6:15	7:42	
24	Fri	2:05	0.4	2:37	0.4	8:44	0.0	9:07	0.1	6:16	7:40	
25	Sat	2:49	0.4	3:22	0.4	9:18	0.0	9:49	0.1	6:17	7:39	
26	Sun	3:35	0.4	4:07	0.4	9:54	0.1	10:36	0.1	6:18	7:37	
27	Mon	4:24	0.3	4:54	0.4	10:33	0.1	11:33	0.1	6:19	7:36	
28	Tue	5:13	0.3	5:41	0.4	11:26	0.1			6:20	7:34	
29	Wed	6:05	0.3	6:32	0.4	12:39	0.1	12:32	0.1	6:21	7:33	
30	Thu	7:01	0.3	7:28	0.4	1:42	0.1	1:38	0.1	6:22	7:31	
31	Fri	8:03	0.3	8:27	0.4	2:38	0.1	2:36	0.1	6:23	7:30	