

Lanoka Harbor, NJ - Nov 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	9:10	0.5	9:35	0.4	3:22	0.0	4:03	0.0	6:25	4:55	
2	Fri	9:56	0.5	10:24	0.4	4:08	0.0	4:55	0.0	6:26	4:53	
3	Sat	10:43	0.5	11:13	0.4	4:57	0.0	5:48	0.0	6:27	4:52	
4	Sun	11:32	0.5			5:47	0.0	6:40	0.0	6:28	4:51	
5	Mon	12:06	0.4	12:24	0.5	6:38	0.0	7:31	0.0	6:29	4:50	
6	Tue	1:03	0.4	1:22	0.5	7:30	0.0	8:24	0.0	6:31	4:49	
7	Wed	2:06	0.4	2:24	0.4	8:24	0.0	9:22	0.0	6:32	4:48	
8	Thu	3:10	0.4	3:28	0.4	9:24	0.0	10:25	0.0	6:33	4:47	
9	Fri	4:12	0.4	4:28	0.4	10:34	0.1	11:30	0.0	6:34	4:46	
10	Sat	5:10	0.4	5:25	0.4	11:46	0.1			6:35	4:45	
11	Sun	6:07	0.4	6:22	0.4	12:30	0.0	12:51	0.1	6:36	4:44	
12	Mon	7:03	0.4	7:19	0.4	1:23	0.0	1:48	0.1	6:38	4:43	
13	Tue	7:56	0.4	8:13	0.4	2:09	0.0	2:37	0.0	6:39	4:42	
14	Wed	8:42	0.4	9:00	0.4	2:50	0.0	3:23	0.0	6:40	4:41	
15	Thu	9:24	0.4	9:42	0.4	3:30	0.0	4:06	0.0	6:41	4:41	
16	Fri	10:02	0.4	10:22	0.4	4:09	0.0	4:49	0.0	6:42	4:40	
17	Sat	10:39	0.4	11:01	0.4	4:48	0.0	5:31	0.0	6:43	4:39	
18	Sun	11:15	0.4	11:39	0.3	5:27	0.0	6:11	0.0	6:44	4:38	
19	Mon	11:50	0.4			6:06	0.0	6:50	0.0	6:45	4:38	
20	Tue	12:18	0.3	12:26	0.4	6:43	0.1	7:28	0.0	6:47	4:37	
21	Wed	12:59	0.3	1:04	0.4	7:18	0.1	8:05	0.0	6:48	4:36	
22	Thu	1:44	0.3	1:46	0.4	7:53	0.1	8:44	0.1	6:49	4:36	
23	Fri	2:32	0.3	2:34	0.4	8:32	0.1	9:28	0.1	6:50	4:35	
24	Sat	3:23	0.3	3:26	0.4	9:21	0.1	10:19	0.1	6:51	4:35	
25	Sun	4:12	0.3	4:19	0.4	10:30	0.1	11:17	0.1	6:52	4:34	
26	Mon	5:01	0.3	5:13	0.4	11:46	0.1			6:53	4:34	
27	Tue	5:53	0.4	6:12	0.4	12:14	0.0	12:54	0.1	6:54	4:33	
28	Wed	6:50	0.4	7:15	0.4	1:08	0.0	1:54	0.0	6:55	4:33	
29	Thu	7:48	0.4	8:17	0.4	1:59	0.0	2:50	0.0	6:56	4:33	
30	Fri	8:43	0.5	9:13	0.4	2:50	0.0	3:44	0.0	6:57	4:32	