





























## North Highlands Beach, NJ - Jul 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	7:46	4.5	8:13	6.6	1:57	0.2	1:37	0.0	5:37	8:29	
2	Sun	8:43	4.6	9:05	6.6	2:53	0.1	2:31	0.0	5:38	8:29	
3	Mon	9:35	4.7	9:54	6.5	3:43	0.0	3:23	0.0	5:38	8:29	
4	Tue	10:24	4.7	10:40	6.4	4:28	0.1	4:11	0.1	5:39	8:29	
5	Wed	11:10	4.8	11:24	6.1	5:12	0.1	4:58	0.3	5:39	8:28	
6	Thu	11:56	4.8			5:55	0.3	5:45	0.5	5:40	8:28	
7	Fri	12:07	5.8	12:40	4.8	6:37	0.4	6:34	0.8	5:41	8:28	
8	Sat	12:48	5.5	1:24	4.8	7:19	0.6	7:25	1.0	5:41	8:28	
9	Sun	1:29	5.1	2:08	4.8	8:00	0.7	8:17	1.2	5:42	8:27	
10	Mon	2:12	4.8	2:54	4.9	8:41	0.8	9:10	1.3	5:43	8:27	
11	Tue	2:58	4.4	3:44	5.0	9:23	0.9	10:07	1.4	5:43	8:26	
12	Wed	3:51	4.2	4:38	5.1	10:07	1.0	11:06	1.4	5:44	8:26	
13	Thu	4:50	4.0	5:31	5.3	10:55	1.0			5:45	8:26	
14	Fri	5:47	4.0	6:21	5.5	12:03	1.3	11:44 AM	1.0	5:45	8:25	
15	Sat	6:40	4.0	7:09	5.8	12:57	1.2	12:34	0.8	5:46	8:24	
16	Sun	7:31	4.1	7:57	6.1	1:48	0.9	1:23	0.6	5:47	8:24	
17	Mon	8:20	4.3	8:43	6.3	2:33	0.7	2:12	0.4	5:48	8:23	
18	Tue	9:08	4.5	9:29	6.5	3:16	0.4	3:00	0.2	5:48	8:23	
19	Wed	9:53	4.8	10:13	6.5	3:56	0.2	3:46	0.1	5:49	8:22	
20	Thu	10:39	5.1	10:58	6.5	4:37	0.0	4:34	0.0	5:50	8:21	
21	Fri	11:26	5.3	11:44	6.3	5:19	-0.1	5:24	0.0	5:51	8:21	
22	Sat			12:15	5.5	6:04	-0.1	6:18	0.1	5:52	8:20	
23	Sun	12:33	6.0	1:05	5.7	6:51	-0.1	7:16	0.3	5:52	8:19	
24	Mon	1:23	5.7	1:58	5.9	7:40	0.0	8:17	0.5	5:53	8:18	
25	Tue	2:17	5.2	2:56	6.0	8:32	0.1	9:22	0.6	5:54	8:18	
26	Wed	3:17	4.8	3:59	6.0	9:26	0.2	10:31	0.8	5:55	8:17	
27	Thu	4:25	4.5	5:06	6.1	10:25	0.3	11:42	0.8	5:56	8:16	
28	Fri	5:34	4.4	6:09	6.2	11:26	0.4			5:57	8:15	
29	Sat	6:38	4.4	7:08	6.3	12:48	0.7	12:27	0.4	5:58	8:14	
30	Sun	7:37	4.5	8:03	6.4	1:49	0.6	1:25	0.4	5:58	8:13	
31	Mon	8:31	4.7	8:53	6.4	2:42	0.4	2:20	0.3	5:59	8:12	