

































North Highlands Beach, NJ - Jan 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	11:19	5.4	11:49	4.5	4:59	-0.2	5:43	-0.4	7:18	4:48	
2	Tue			12:06	5.1	5:53	-0.1	6:30	-0.4	7:18	4:48	
3	Wed	12:39	4.7	12:56	4.8	6:51	0.0	7:20	-0.4	7:18	4:49	
4	Thu	1:34	4.8	1:53	4.5	7:54	0.1	8:13	-0.4	7:19	4:50	
5	Fri	2:36	5.0	2:58	4.1	9:01	0.2	9:10	-0.4	7:19	4:51	
6	Sat	3:44	5.3	4:09	4.0	10:12	0.1	10:11	-0.4	7:18	4:52	
7	Sun	4:49	5.6	5:16	4.0	11:21	0.0	11:11	-0.5	7:18	4:53	
8	Mon	5:50	5.8	6:18	4.0			12:26	-0.3	7:18	4:54	
9	Tue	6:48	6.0	7:16	4.2	12:11	-0.6	1:25	-0.5	7:18	4:55	
10	Wed	7:43	6.2	8:10	4.3	1:08	-0.8	2:17	-0.6	7:18	4:56	
11	Thu	8:33	6.2	9:00	4.5	2:02	-0.9	3:04	-0.7	7:18	4:57	
12	Fri	9:20	6.0	9:47	4.5	2:52	-0.8	3:47	-0.7	7:18	4:58	
13	Sat	10:05	5.8	10:32	4.5	3:39	-0.7	4:30	-0.6	7:17	4:59	
14	Sun	10:48	5.4	11:17	4.5	4:26	-0.5	5:12	-0.4	7:17	5:00	
15	Mon	11:30	5.0			5:15	-0.2	5:54	-0.2	7:17	5:01	
16	Tue	12:01	4.4	12:11	4.6	6:05	0.1	6:37	0.0	7:16	5:02	
17	Wed	12:46	4.4	12:54	4.2	6:57	0.4	7:19	0.2	7:16	5:03	
18	Thu	1:32	4.3	1:40	3.8	7:51	0.6	8:04	0.3	7:15	5:04	
19	Fri	2:24	4.3	2:34	3.5	8:50	0.8	8:51	0.4	7:15	5:05	
20	Sat	3:21	4.4	3:36	3.3	9:53	0.8	9:43	0.5	7:14	5:06	
21	Sun	4:19	4.5	4:37	3.3	10:55	0.8	10:35	0.4	7:14	5:08	
22	Mon	5:12	4.7	5:32	3.4	11:51	0.6	11:26	0.3	7:13	5:09	
23	Tue	6:01	5.0	6:21	3.5			12:40	0.4	7:13	5:10	
24	Wed	6:47	5.3	7:07	3.7	12:15	0.1	1:23	0.1	7:12	5:11	
25	Thu	7:31	5.5	7:51	4.0	1:02	-0.2	2:01	-0.2	7:11	5:12	
26	Fri	8:13	5.7	8:32	4.2	1:46	-0.4	2:38	-0.4	7:11	5:13	
27	Sat	8:53	5.8	9:13	4.5	2:29	-0.6	3:14	-0.6	7:10	5:14	
28	Sun	9:34	5.8	9:55	4.7	3:12	-0.8	3:51	-0.7	7:09	5:16	
29	Mon	10:15	5.6	10:39	4.9	3:57	-0.8	4:31	-0.8	7:08	5:17	
30	Tue	10:59	5.3	11:26	5.1	4:45	-0.7	5:15	-0.8	7:07	5:18	
31	Wed	11:46	5.0			5:38	-0.5	6:01	-0.7	7:07	5:19	