

































## North Highlands Beach, NJ - Mar 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	11:29	4.9	11:56	5.8	5:25	-0.6	5:35	-0.6	6:32	5:52	
2	Fri			12:22	4.5	6:23	-0.3	6:28	-0.4	6:30	5:53	
3	Sat	12:53	5.6	1:22	4.1	7:27	0.1	7:27	-0.1	6:29	5:54	
4	Sun	1:57	5.4	2:33	3.8	8:37	0.3	8:31	0.1	6:27	5:55	
5	Mon	3:13	5.3	3:53	3.8	9:53	0.4	9:42	0.2	6:26	5:56	
6	Tue	4:28	5.3	5:04	4.0	11:06	0.4	10:53	0.1	6:24	5:57	
7	Wed	5:33	5.4	6:03	4.3			12:07	0.2	6:23	5:58	
8	Thu	6:29	5.5	6:55	4.6			12:58	0.0	6:21	5:59	
9	Fri	7:18	5.5	7:40	4.9	12:54	-0.2	1:41	-0.2	6:20	6:00	
10	Sat	8:01	5.5	8:20	5.1	1:44	-0.3	2:19	-0.3	6:18	6:01	
11	Sun	8:39	5.4	8:57	5.3	2:27	-0.4	2:52	-0.3	6:17	6:02	
12	Mon	9:15	5.2	9:32	5.3	3:06	-0.4	3:24	-0.2	6:15	6:03	
13	Tue	9:49	5.0	10:06	5.3	3:43	-0.3	3:56	-0.1	6:14	6:04	
14	Wed	10:23	4.7	10:42	5.3	4:21	-0.1	4:28	0.1	6:12	6:05	
15	Thu	10:59	4.5	11:19	5.2	5:00	0.2	5:03	0.3	6:11	6:06	
16	Fri	11:36	4.2			5:43	0.5	5:42	0.5	6:09	6:07	
17	Sat	12:00	5.0	12:18	3.9	6:29	0.7	6:24	0.7	6:07	6:08	
18	Sun	12:45	4.9	1:04	3.7	7:20	0.9	7:13	0.8	6:06	6:09	
19	Mon	1:37	4.7	2:00	3.5	8:16	1.1	8:08	0.9	6:04	6:10	
20	Tue	2:39	4.7	3:08	3.5	9:16	1.1	9:09	0.9	6:03	6:11	
21	Wed	3:45	4.8	4:16	3.7	10:17	1.0	10:12	0.7	6:01	6:12	
22	Thu	4:46	5.0	5:13	4.1	11:11	0.7	11:12	0.4	5:59	6:13	
23	Fri	5:39	5.3	6:03	4.6	11:59	0.3			5:58	6:14	
24	Sat	6:28	5.5	6:50	5.1	12:08	0.1	12:44	0.0	5:56	6:15	
25	Sun	7:15	5.7	7:36	5.7	1:00	-0.3	1:28	-0.4	5:55	6:16	
26	Mon	8:02	5.8	8:21	6.1	1:51	-0.7	2:10	-0.7	5:53	6:17	
27	Tue	8:48	5.7	9:07	6.4	2:39	-0.9	2:53	-0.8	5:52	6:18	
28	Wed	9:35	5.6	9:55	6.5	3:28	-0.9	3:36	-0.8	5:50	6:19	
29	Thu	10:24	5.3	10:45	6.5	4:18	-0.8	4:23	-0.6	5:48	6:20	
30	Fri	11:16	4.9	11:39	6.3	5:13	-0.5	5:13	-0.4	5:47	6:21	
31	Sat			12:13	4.6	6:13	-0.1	6:10	0.0	5:45	6:22	