
































## North Highlands Beach, NJ - Apr 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	12:38	6.0	2:15	4.3	8:17	0.2	8:12	0.3	6:44	7:23	
2	Mon	2:44	5.7	3:27	4.1	9:27	0.5	9:20	0.5	6:42	7:24	
3	Tue	3:58	5.4	4:43	4.2	10:39	0.6	10:33	0.6	6:41	7:25	
4	Wed	5:12	5.3	5:50	4.4	11:45	0.5	11:45	0.5	6:39	7:26	
5	Thu	6:14	5.3	6:45	4.7			12:41	0.4	6:38	7:27	
6	Fri	7:07	5.3	7:33	5.1	12:47	0.4	1:28	0.3	6:36	7:27	
7	Sat	7:54	5.2	8:15	5.3	1:41	0.2	2:09	0.2	6:34	7:28	
8	Sun	8:35	5.2	8:53	5.5	2:28	0.1	2:45	0.1	6:33	7:29	
9	Mon	9:12	5.1	9:28	5.7	3:10	0.0	3:18	0.1	6:31	7:30	
10	Tue	9:47	5.0	10:02	5.8	3:47	0.0	3:49	0.1	6:30	7:31	
11	Wed	10:21	4.8	10:35	5.8	4:22	0.1	4:20	0.2	6:28	7:32	
12	Thu	10:55	4.6	11:10	5.7	4:58	0.2	4:53	0.4	6:27	7:33	
13	Fri	11:31	4.4	11:48	5.6	5:35	0.4	5:27	0.5	6:25	7:34	
14	Sat			12:10	4.2	6:15	0.6	6:05	0.7	6:24	7:35	
15	Sun	12:28	5.4	12:52	4.0	7:00	0.8	6:49	0.9	6:23	7:36	
16	Mon	1:13	5.3	1:38	3.9	7:48	1.0	7:38	1.0	6:21	7:37	
17	Tue	2:02	5.1	2:30	3.9	8:40	1.0	8:34	1.1	6:20	7:38	
18	Wed	2:57	5.0	3:31	4.0	9:34	1.0	9:35	1.0	6:18	7:39	
19	Thu	3:58	5.0	4:36	4.3	10:29	0.9	10:39	0.9	6:17	7:40	
20	Fri	5:01	5.1	5:35	4.7	11:23	0.6	11:41	0.6	6:15	7:41	
21	Sat	5:58	5.3	6:28	5.3			12:14	0.3	6:14	7:42	
22	Sun	6:52	5.4	7:17	5.8	12:40	0.2	1:03	0.0	6:13	7:43	
23	Mon	7:43	5.5	8:07	6.3	1:37	-0.2	1:51	-0.3	6:11	7:44	
24	Tue	8:35	5.5	8:56	6.7	2:31	-0.5	2:38	-0.6	6:10	7:45	
25	Wed	9:26	5.5	9:46	7.0	3:23	-0.7	3:25	-0.7	6:09	7:46	
26	Thu	10:17	5.3	10:37	7.0	4:15	-0.7	4:13	-0.6	6:07	7:47	
27	Fri	11:10	5.1	11:30	6.8	5:07	-0.6	5:02	-0.5	6:06	7:48	
28	Sat			12:05	4.9	6:02	-0.4	5:56	-0.2	6:05	7:49	
29	Sun	12:26	6.6	1:04	4.7	7:02	0.0	6:55	0.2	6:04	7:50	
30	Mon	1:25	6.2	2:06	4.5	8:05	0.2	7:59	0.5	6:02	7:51	