
































North Highlands Beach, NJ - Jun 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	4:02	4.9	4:47	5.0	10:28	0.6	10:58	1.0	5:35	8:19	
2	Sat	5:01	4.7	5:40	5.2	11:16	0.7	11:58	1.0	5:35	8:20	
3	Sun	5:54	4.5	6:26	5.4			12:01	0.7	5:35	8:20	
4	Mon	6:42	4.4	7:08	5.6	12:52	0.9	12:44	0.7	5:34	8:21	
5	Tue	7:26	4.3	7:48	5.7	1:41	0.8	1:25	0.7	5:34	8:22	
6	Wed	8:09	4.3	8:28	5.9	2:26	0.7	2:04	0.6	5:34	8:22	
7	Thu	8:51	4.3	9:07	6.0	3:06	0.6	2:43	0.6	5:34	8:23	
8	Fri	9:31	4.3	9:46	6.0	3:43	0.5	3:21	0.5	5:33	8:23	
9	Sat	10:10	4.3	10:24	6.0	4:18	0.5	3:58	0.5	5:33	8:24	
10	Sun	10:49	4.3	11:03	6.0	4:54	0.5	4:36	0.6	5:33	8:24	
11	Mon	11:29	4.3	11:43	5.9	5:31	0.5	5:16	0.6	5:33	8:25	
12	Tue			12:11	4.4	6:11	0.5	6:01	0.7	5:33	8:25	
13	Wed	12:24	5.7	12:55	4.5	6:53	0.5	6:51	0.8	5:33	8:26	
14	Thu	1:08	5.6	1:41	4.7	7:37	0.4	7:45	0.8	5:33	8:26	
15	Fri	1:54	5.4	2:31	5.0	8:23	0.4	8:43	0.8	5:33	8:27	
16	Sat	2:45	5.2	3:27	5.3	9:11	0.3	9:45	0.7	5:33	8:27	
17	Sun	3:43	4.9	4:27	5.6	10:03	0.2	10:49	0.6	5:33	8:27	
18	Mon	4:47	4.8	5:27	6.0	10:58	0.1	11:55	0.4	5:33	8:28	
19	Tue	5:51	4.7	6:25	6.4	11:54	-0.1			5:33	8:28	
20	Wed	6:52	4.7	7:23	6.7	12:58	0.2	12:51	-0.2	5:33	8:28	
21	Thu	7:53	4.8	8:20	6.9	2:00	0.0	1:48	-0.3	5:34	8:28	
22	Fri	8:52	4.9	9:16	7.0	2:58	-0.2	2:44	-0.4	5:34	8:29	
23	Sat	9:49	4.9	10:10	7.0	3:51	-0.3	3:39	-0.4	5:34	8:29	
24	Sun	10:43	5.0	11:03	6.8	4:43	-0.3	4:32	-0.3	5:34	8:29	
25	Mon	11:37	5.1	11:54	6.4	5:33	-0.2	5:26	-0.1	5:35	8:29	
26	Tue			12:30	5.1	6:24	-0.1	6:22	0.2	5:35	8:29	
27	Wed	12:45	6.0	1:22	5.1	7:15	0.1	7:21	0.5	5:35	8:29	
28	Thu	1:34	5.6	2:14	5.1	8:04	0.3	8:20	0.8	5:36	8:29	
29	Fri	2:24	5.1	3:06	5.1	8:52	0.5	9:20	1.0	5:36	8:29	
30	Sat	3:15	4.7	4:01	5.1	9:38	0.7	10:20	1.2	5:37	8:29	