


























North Highlands Beach, NJ - Jul 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	4:10	4.4	4:54	5.2	10:25	0.8	11:21	1.2	5:37	8:29	
2	Mon	5:07	4.2	5:45	5.3	11:13	0.9			5:38	8:29	
3	Tue	6:00	4.1	6:31	5.5	12:18	1.2	11:59 AM	0.9	5:38	8:29	
4	Wed	6:50	4.1	7:16	5.7	1:11	1.1	12:45	0.8	5:39	8:29	
5	Thu	7:37	4.1	8:00	5.8	1:59	0.9	1:30	0.8	5:39	8:28	
6	Fri	8:22	4.2	8:42	6.0	2:42	0.8	2:14	0.7	5:40	8:28	
7	Sat	9:05	4.3	9:23	6.1	3:20	0.6	2:55	0.5	5:40	8:28	
8	Sun	9:46	4.4	10:02	6.1	3:55	0.5	3:35	0.5	5:41	8:28	
9	Mon	10:26	4.6	10:41	6.1	4:29	0.4	4:15	0.4	5:42	8:27	
10	Tue	11:06	4.7	11:20	6.0	5:05	0.3	4:57	0.4	5:42	8:27	
11	Wed	11:47	4.9			5:42	0.3	5:42	0.5	5:43	8:27	
12	Thu	12:01	5.9	12:30	5.1	6:22	0.2	6:31	0.5	5:44	8:26	
13	Fri	12:44	5.7	1:16	5.3	7:05	0.2	7:26	0.6	5:44	8:26	
14	Sat	1:29	5.4	2:05	5.5	7:51	0.2	8:23	0.7	5:45	8:25	
15	Sun	2:20	5.1	3:00	5.7	8:40	0.2	9:25	0.7	5:46	8:25	
16	Mon	3:17	4.8	4:01	5.9	9:33	0.2	10:32	0.7	5:47	8:24	
17	Tue	4:24	4.6	5:07	6.1	10:31	0.2	11:40	0.6	5:47	8:23	
18	Wed	5:34	4.5	6:11	6.4	11:32	0.1			5:48	8:23	
19	Thu	6:39	4.5	7:11	6.6	12:47	0.5	12:33	0.0	5:49	8:22	
20	Fri	7:42	4.7	8:10	6.8	1:50	0.3	1:34	-0.1	5:50	8:22	
21	Sat	8:40	4.9	9:05	6.8	2:47	0.0	2:33	-0.2	5:51	8:21	
22	Sun	9:35	5.1	9:56	6.8	3:38	-0.1	3:27	-0.2	5:51	8:20	
23	Mon	10:25	5.3	10:45	6.6	4:24	-0.1	4:19	-0.2	5:52	8:19	
24	Tue	11:14	5.4	11:31	6.2	5:08	-0.1	5:09	0.0	5:53	8:19	
25	Wed			12:01	5.4	5:52	0.1	6:00	0.3	5:54	8:18	
26	Thu	12:15	5.8	12:48	5.4	6:36	0.2	6:52	0.6	5:55	8:17	
27	Fri	12:59	5.4	1:33	5.4	7:20	0.5	7:46	0.9	5:56	8:16	
28	Sat	1:43	5.0	2:20	5.3	8:04	0.7	8:40	1.2	5:56	8:15	
29	Sun	2:28	4.6	3:09	5.2	8:48	0.9	9:37	1.4	5:57	8:14	
30	Mon	3:19	4.3	4:04	5.2	9:34	1.0	10:38	1.5	5:58	8:13	
31	Tue	4:18	4.1	5:00	5.3	10:24	1.1	11:39	1.5	5:59	8:12	