




























## North Highlands Beach, NJ - Aug 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	5:19	4.0	5:54	5.4	11:17	1.2			6:00	8:11	
2	Thu	6:15	4.0	6:43	5.6	12:35	1.4	12:08	1.1	6:01	8:10	
3	Fri	7:05	4.2	7:30	5.9	1:25	1.2	12:58	0.9	6:02	8:09	
4	Sat	7:52	4.4	8:14	6.0	2:09	1.0	1:45	0.8	6:03	8:08	
5	Sun	8:36	4.6	8:56	6.2	2:48	0.8	2:30	0.6	6:04	8:07	
6	Mon	9:18	4.9	9:36	6.3	3:23	0.5	3:13	0.4	6:04	8:06	
7	Tue	9:58	5.1	10:16	6.3	3:58	0.3	3:55	0.3	6:05	8:05	
8	Wed	10:38	5.4	10:55	6.2	4:33	0.2	4:38	0.2	6:06	8:04	
9	Thu	11:19	5.6	11:37	6.0	5:10	0.1	5:24	0.3	6:07	8:02	
10	Fri			12:03	5.8	5:50	0.1	6:14	0.4	6:08	8:01	
11	Sat	12:21	5.7	12:51	6.0	6:34	0.1	7:09	0.5	6:09	8:00	
12	Sun	1:09	5.4	1:42	6.1	7:22	0.2	8:08	0.7	6:10	7:59	
13	Mon	2:01	5.0	2:39	6.1	8:15	0.3	9:12	0.9	6:11	7:57	
14	Tue	3:02	4.7	3:44	6.1	9:11	0.4	10:21	0.9	6:12	7:56	
15	Wed	4:14	4.5	4:55	6.2	10:14	0.5	11:32	0.9	6:13	7:55	
16	Thu	5:28	4.5	6:03	6.4	11:20	0.5			6:14	7:54	
17	Fri	6:34	4.7	7:04	6.5	12:39	0.7	12:25	0.4	6:14	7:52	
18	Sat	7:34	5.0	8:00	6.6	1:39	0.5	1:27	0.2	6:15	7:51	
19	Sun	8:28	5.3	8:52	6.6	2:32	0.3	2:24	0.1	6:16	7:50	
20	Mon	9:17	5.5	9:38	6.5	3:18	0.2	3:16	0.0	6:17	7:48	
21	Tue	10:03	5.7	10:21	6.3	3:59	0.1	4:04	0.1	6:18	7:47	
22	Wed	10:46	5.8	11:02	6.0	4:38	0.2	4:49	0.3	6:19	7:45	
23	Thu	11:27	5.8	11:42	5.6	5:15	0.3	5:34	0.5	6:20	7:44	
24	Fri			12:08	5.8	5:54	0.5	6:20	0.8	6:21	7:42	
25	Sat	12:22	5.3	12:50	5.7	6:33	0.8	7:09	1.1	6:22	7:41	
26	Sun	1:03	4.9	1:33	5.6	7:15	1.0	8:00	1.4	6:23	7:40	
27	Mon	1:46	4.6	2:20	5.4	7:59	1.2	8:54	1.6	6:24	7:38	
28	Tue	2:35	4.3	3:13	5.3	8:47	1.4	9:53	1.7	6:24	7:37	
29	Wed	3:33	4.1	4:14	5.4	9:39	1.5	10:55	1.7	6:25	7:35	
30	Thu	4:39	4.1	5:14	5.5	10:36	1.5	11:53	1.6	6:26	7:34	
31	Fri	5:40	4.2	6:08	5.7	11:33	1.3			6:27	7:32	