

































## North Highlands Beach, NJ - Dec 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	7:07	6.7	7:35	4.9	12:42	-0.6	1:41	-0.5	6:59	4:38	
2	Sun	8:01	6.9	8:30	4.9	1:34	-0.8	2:34	-0.7	7:00	4:37	
3	Mon	8:54	7.0	9:25	4.9	2:25	-0.8	3:26	-0.7	7:01	4:37	
4	Tue	9:47	6.9	10:20	4.8	3:17	-0.8	4:19	-0.6	7:02	4:37	
5	Wed	10:42	6.6	11:18	4.7	4:11	-0.6	5:15	-0.4	7:03	4:37	
6	Thu	11:39	6.2			5:08	-0.3	6:12	-0.2	7:04	4:37	
7	Fri	12:17	4.7	12:36	5.7	6:11	0.1	7:10	0.0	7:05	4:37	
8	Sat	1:17	4.7	1:34	5.2	7:17	0.3	8:07	0.1	7:06	4:37	
9	Sun	2:19	4.7	2:35	4.8	8:24	0.6	9:02	0.2	7:06	4:37	
10	Mon	3:22	4.8	3:38	4.5	9:33	0.7	9:54	0.3	7:07	4:37	
11	Tue	4:20	5.0	4:36	4.2	10:38	0.7	10:44	0.3	7:08	4:37	
12	Wed	5:11	5.1	5:27	4.1	11:36	0.6	11:29	0.3	7:09	4:37	
13	Thu	5:56	5.3	6:14	4.0			12:28	0.5	7:10	4:37	
14	Fri	6:38	5.4	6:57	4.0	12:12	0.3	1:14	0.4	7:10	4:38	
15	Sat	7:18	5.6	7:38	4.0	12:53	0.2	1:55	0.2	7:11	4:38	
16	Sun	7:57	5.6	8:18	4.0	1:32	0.2	2:32	0.2	7:12	4:38	
17	Mon	8:34	5.7	8:56	4.0	2:10	0.1	3:07	0.1	7:12	4:39	
18	Tue	9:12	5.7	9:33	4.0	2:46	0.1	3:41	0.1	7:13	4:39	
19	Wed	9:49	5.6	10:11	4.0	3:23	0.1	4:16	0.1	7:14	4:39	
20	Thu	10:27	5.5	10:50	4.0	4:01	0.2	4:53	0.2	7:14	4:40	
21	Fri	11:06	5.3	11:32	4.1	4:42	0.3	5:32	0.2	7:15	4:40	
22	Sat	11:46	5.1			5:27	0.4	6:13	0.1	7:15	4:41	
23	Sun	12:16	4.2	12:29	4.9	6:18	0.4	6:57	0.1	7:16	4:41	
24	Mon	1:03	4.4	1:17	4.6	7:14	0.5	7:44	0.0	7:16	4:42	
25	Tue	1:56	4.6	2:11	4.4	8:14	0.5	8:34	-0.1	7:16	4:42	
26	Wed	2:55	4.9	3:14	4.2	9:18	0.4	9:28	-0.2	7:17	4:43	
27	Thu	3:57	5.3	4:19	4.1	10:24	0.2	10:25	-0.4	7:17	4:44	
28	Fri	4:58	5.7	5:22	4.2	11:29	-0.1	11:23	-0.6	7:17	4:44	
29	Sat	5:56	6.1	6:23	4.3			12:31	-0.4	7:18	4:45	
30	Sun	6:53	6.4	7:22	4.4	12:21	-0.8	1:29	-0.6	7:18	4:46	
31	Mon	7:49	6.6	8:20	4.6	1:17	-1.0	2:23	-0.8	7:18	4:47	