

































## Red Bank, Navesink River, NJ - Jul 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	4:17	3.3	4:54	3.7	11:19	0.4			5:29	8:30	
2	Mon	5:07	3.1	5:44	3.7	12:02	0.8	12:07	0.5	5:30	8:30	
3	Tue	5:59	3.0	6:34	3.8	12:54	0.7	12:55	0.5	5:30	8:29	
4	Wed	6:51	3.0	7:25	3.9	1:45	0.7	1:43	0.5	5:31	8:29	
5	Thu	7:43	3.1	8:13	4.0	2:35	0.6	2:31	0.5	5:32	8:29	
6	Fri	8:33	3.1	8:59	4.1	3:22	0.5	3:16	0.5	5:32	8:29	
7	Sat	9:20	3.2	9:44	4.2	4:07	0.4	4:01	0.4	5:33	8:28	
8	Sun	10:06	3.3	10:28	4.3	4:50	0.3	4:45	0.4	5:33	8:28	
9	Mon	10:53	3.4	11:13	4.3	5:33	0.2	5:28	0.4	5:34	8:28	
10	Tue	11:40	3.6	11:58	4.3	6:13	0.2	6:12	0.5	5:35	8:27	
11	Wed			12:27	3.7	6:53	0.2	6:56	0.5	5:35	8:27	
12	Thu	12:44	4.2	1:15	3.8	7:32	0.2	7:43	0.5	5:36	8:27	
13	Fri	1:31	4.0	2:03	3.9	8:12	0.2	8:36	0.6	5:37	8:26	
14	Sat	2:19	3.9	2:54	4.0	8:57	0.2	9:37	0.6	5:38	8:26	
15	Sun	3:10	3.7	3:47	4.1	9:48	0.3	10:40	0.6	5:38	8:25	
16	Mon	4:04	3.6	4:41	4.2	10:44	0.3	11:41	0.6	5:39	8:24	
17	Tue	5:00	3.4	5:37	4.3	11:41	0.2			5:40	8:24	
18	Wed	5:57	3.4	6:35	4.4	12:41	0.5	12:39	0.2	5:41	8:23	
19	Thu	6:56	3.4	7:32	4.5	1:40	0.3	1:38	0.1	5:42	8:22	
20	Fri	7:55	3.5	8:27	4.6	2:36	0.2	2:36	0.1	5:42	8:22	
21	Sat	8:51	3.6	9:19	4.6	3:30	0.0	3:32	0.0	5:43	8:21	
22	Sun	9:43	3.7	10:09	4.6	4:21	-0.1	4:26	0.0	5:44	8:20	
23	Mon	10:34	3.8	10:58	4.5	5:10	-0.2	5:18	0.0	5:45	8:19	
24	Tue	11:25	3.9	11:45	4.3	5:57	-0.2	6:09	0.1	5:46	8:19	
25	Wed			12:14	3.9	6:42	-0.1	6:59	0.2	5:47	8:18	
26	Thu	12:33	4.1	1:03	3.9	7:27	0.0	7:49	0.4	5:48	8:17	
27	Fri	1:19	3.9	1:50	3.9	8:12	0.1	8:41	0.6	5:49	8:16	
28	Sat	2:05	3.7	2:38	3.8	8:59	0.3	9:36	0.7	5:50	8:15	
29	Sun	2:53	3.4	3:26	3.8	9:49	0.5	10:32	0.8	5:50	8:14	
30	Mon	3:42	3.3	4:17	3.7	10:40	0.6	11:27	0.9	5:51	8:13	
31	Tue	4:33	3.1	5:08	3.7	11:31	0.7			5:52	8:12	