

































## Seaside Heights, NJ - Mar 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	12:40	3.8	1:10	3.0	7:34	0.7	7:20	0.8	6:28	5:47	
2	Thu	1:41	3.9	2:18	3.1	8:44	0.6	8:41	0.6	6:27	5:49	
3	Fri	2:51	4.0	3:30	3.3	9:44	0.3	9:46	0.3	6:25	5:50	
4	Sat	4:00	4.3	4:34	3.7	10:37	-0.1	10:44	-0.1	6:24	5:51	
5	Sun	4:59	4.7	5:27	4.2	11:27	-0.5	11:39	-0.5	6:22	5:52	
6	Mon	5:50	5.0	6:16	4.7			12:15	-0.8	6:21	5:53	
7	Tue	6:38	5.2	7:03	5.0	12:33	-0.8	1:02	-1.0	6:19	5:54	
8	Wed	7:26	5.2	7:50	5.2	1:25	-1.0	1:48	-1.1	6:18	5:55	
9	Thu	8:15	5.0	8:39	5.2	2:16	-1.0	2:33	-1.1	6:16	5:56	
10	Fri	9:05	4.8	9:30	5.1	3:05	-0.9	3:17	-0.9	6:15	5:57	
11	Sat	9:59	4.4	10:25	4.9	3:55	-0.7	4:02	-0.6	6:13	5:58	
12	Sun	10:57	4.1	11:22	4.6	4:49	-0.3	4:52	-0.2	6:11	5:59	
13	Mon	11:56	3.8			5:50	0.1	5:51	0.2	6:10	6:00	
14	Tue	12:20	4.3	12:56	3.6	7:00	0.3	7:01	0.5	6:08	6:01	
15	Wed	1:19	4.1	1:57	3.4	8:11	0.4	8:12	0.6	6:07	6:02	
16	Thu	2:22	3.9	3:02	3.5	9:14	0.4	9:16	0.6	6:05	6:03	
17	Fri	3:27	3.9	4:04	3.6	10:06	0.3	10:10	0.5	6:03	6:05	
18	Sat	4:26	4.0	4:57	3.9	10:52	0.2	10:58	0.3	6:02	6:06	
19	Sun	5:14	4.1	5:40	4.1	11:33	0.0	11:42	0.1	6:00	6:07	
20	Mon	5:55	4.2	6:19	4.3			12:11	0.0	5:59	6:08	
21	Tue	6:32	4.3	6:54	4.5	12:24	0.0	12:48	-0.1	5:57	6:09	
22	Wed	7:07	4.3	7:29	4.5	1:05	-0.1	1:23	-0.1	5:55	6:10	
23	Thu	7:41	4.2	8:01	4.5	1:45	-0.1	1:56	0.0	5:54	6:11	
24	Fri	8:15	4.0	8:32	4.5	2:21	-0.1	2:27	0.1	5:52	6:12	
25	Sat	8:48	3.8	9:03	4.4	2:57	0.0	2:56	0.2	5:50	6:13	
26	Sun	9:22	3.6	9:36	4.2	3:31	0.2	3:24	0.4	5:49	6:14	
27	Mon	10:01	3.4	10:16	4.2	4:06	0.4	3:53	0.6	5:47	6:15	
28	Tue	10:50	3.3	11:08	4.1	4:47	0.5	4:29	0.7	5:46	6:16	
29	Wed	11:47	3.3			5:44	0.7	5:22	0.9	5:44	6:17	
30	Thu	12:08	4.1	12:48	3.3	6:58	0.7	6:49	0.9	5:42	6:18	
31	Fri	1:11	4.1	1:53	3.5	8:10	0.6	8:16	0.7	5:41	6:19	