
































Seaside Heights, NJ - Jun 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	5:38	4.5	6:06	5.6	11:45	-0.2			5:29	8:18	
2	Fri	6:35	4.5	6:58	5.7	12:41	-0.1	12:38	-0.2	5:28	8:19	
3	Sat	7:29	4.6	7:47	5.7	1:35	-0.3	1:31	-0.1	5:28	8:20	
4	Sun	8:21	4.6	8:36	5.6	2:28	-0.3	2:24	0.0	5:28	8:20	
5	Mon	9:13	4.5	9:26	5.3	3:19	-0.3	3:14	0.2	5:27	8:21	
6	Tue	10:07	4.4	10:17	5.0	4:06	-0.2	4:02	0.4	5:27	8:21	
7	Wed	11:02	4.3	11:09	4.7	4:51	0.0	4:49	0.6	5:27	8:22	
8	Thu	11:56	4.2			5:36	0.2	5:37	0.9	5:27	8:23	
9	Fri	12:00	4.5	12:47	4.2	6:23	0.5	6:30	1.1	5:27	8:23	
10	Sat	12:50	4.2	1:34	4.2	7:13	0.7	7:30	1.3	5:26	8:24	
11	Sun	1:37	4.0	2:20	4.2	8:03	0.8	8:32	1.3	5:26	8:24	
12	Mon	2:23	3.9	3:06	4.3	8:52	0.8	9:29	1.2	5:26	8:25	
13	Tue	3:12	3.7	3:54	4.4	9:38	0.8	10:22	1.0	5:26	8:25	
14	Wed	4:06	3.6	4:43	4.5	10:23	0.8	11:11	0.8	5:26	8:26	
15	Thu	5:02	3.6	5:30	4.7	11:07	0.8	11:57	0.7	5:26	8:26	
16	Fri	5:54	3.7	6:14	4.9	11:50	0.7			5:26	8:26	
17	Sat	6:40	3.8	6:55	5.0	12:43	0.5	12:34	0.7	5:26	8:27	
18	Sun	7:23	3.9	7:34	5.1	1:29	0.3	1:19	0.6	5:27	8:27	
19	Mon	8:04	4.0	8:13	5.2	2:15	0.2	2:05	0.6	5:27	8:27	
20	Tue	8:46	4.0	8:55	5.2	2:59	0.1	2:50	0.5	5:27	8:28	
21	Wed	9:31	4.1	9:39	5.2	3:41	0.0	3:35	0.5	5:27	8:28	
22	Thu	10:19	4.2	10:28	5.1	4:22	0.0	4:20	0.5	5:27	8:28	
23	Fri	11:12	4.3	11:22	4.9	5:04	0.0	5:08	0.6	5:28	8:28	
24	Sat			12:06	4.5	5:48	0.0	6:04	0.7	5:28	8:28	
25	Sun	12:18	4.8	1:00	4.7	6:38	0.1	7:10	0.7	5:28	8:28	
26	Mon	1:14	4.6	1:53	4.9	7:34	0.1	8:22	0.7	5:29	8:28	
27	Tue	2:10	4.4	2:48	5.0	8:33	0.2	9:31	0.6	5:29	8:28	
28	Wed	3:10	4.2	3:48	5.1	9:32	0.2	10:33	0.4	5:29	8:28	
29	Thu	4:15	4.2	4:49	5.3	10:30	0.1	11:31	0.3	5:30	8:28	
30	Fri	5:20	4.2	5:48	5.4	11:25	0.1			5:30	8:28	