

































## Seaside Heights, NJ - Jul 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	6:20	4.3	6:42	5.4	12:27	0.1	12:19	0.1	5:31	8:28	
2	Sun	7:14	4.4	7:32	5.4	1:20	0.0	1:13	0.2	5:31	8:28	
3	Mon	8:05	4.4	8:19	5.4	2:12	-0.1	2:06	0.2	5:32	8:28	
4	Tue	8:55	4.4	9:06	5.2	3:00	-0.1	2:56	0.3	5:32	8:28	
5	Wed	9:44	4.4	9:51	5.0	3:44	-0.1	3:42	0.4	5:33	8:28	
6	Thu	10:33	4.3	10:37	4.7	4:24	0.0	4:25	0.6	5:33	8:27	
7	Fri	11:21	4.3	11:23	4.4	5:03	0.2	5:07	0.8	5:34	8:27	
8	Sat			12:08	4.3	5:41	0.4	5:53	1.0	5:35	8:27	
9	Sun	12:09	4.2	12:53	4.3	6:20	0.6	6:44	1.2	5:35	8:26	
10	Mon	12:54	4.0	1:36	4.3	7:03	0.8	7:42	1.3	5:36	8:26	
11	Tue	1:38	3.8	2:19	4.3	7:51	0.9	8:44	1.3	5:37	8:25	
12	Wed	2:25	3.6	3:04	4.4	8:43	1.0	9:42	1.2	5:37	8:25	
13	Thu	3:17	3.5	3:55	4.4	9:36	1.0	10:36	1.0	5:38	8:25	
14	Fri	4:17	3.5	4:49	4.6	10:27	1.0	11:26	0.8	5:39	8:24	
15	Sat	5:18	3.6	5:40	4.8	11:16	0.9			5:40	8:23	
16	Sun	6:11	3.7	6:27	5.0	12:15	0.6	12:05	0.7	5:40	8:23	
17	Mon	6:57	3.9	7:11	5.2	1:03	0.3	12:54	0.6	5:41	8:22	
18	Tue	7:41	4.1	7:54	5.4	1:50	0.1	1:44	0.4	5:42	8:22	
19	Wed	8:25	4.3	8:38	5.4	2:35	-0.1	2:33	0.3	5:43	8:21	
20	Thu	9:11	4.5	9:24	5.4	3:18	-0.2	3:22	0.2	5:44	8:20	
21	Fri	9:59	4.7	10:13	5.2	4:00	-0.3	4:09	0.2	5:45	8:20	
22	Sat	10:50	4.8	11:05	5.0	4:41	-0.3	4:58	0.3	5:45	8:19	
23	Sun	11:44	4.9			5:24	-0.2	5:52	0.4	5:46	8:18	
24	Mon	12:00	4.8	12:39	5.0	6:11	-0.1	6:55	0.6	5:47	8:17	
25	Tue	12:57	4.5	1:33	5.1	7:06	0.1	8:06	0.7	5:48	8:16	
26	Wed	1:54	4.3	2:29	5.0	8:07	0.3	9:15	0.7	5:49	8:15	
27	Thu	2:54	4.1	3:29	5.0	9:12	0.4	10:20	0.6	5:50	8:14	
28	Fri	4:00	4.0	4:33	5.0	10:14	0.4	11:18	0.4	5:51	8:14	
29	Sat	5:07	4.0	5:35	5.1	11:12	0.4			5:52	8:13	
30	Sun	6:08	4.2	6:29	5.2	12:12	0.3	12:06	0.4	5:52	8:12	
31	Mon	7:00	4.3	7:17	5.2	1:03	0.2	12:58	0.4	5:53	8:11	