

































## Seaside Heights, NJ - Dec 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	8:33	4.7	9:09	3.6	2:30	0.5	3:20	0.2	6:58	4:31	
2	Sat	9:16	4.6	9:57	3.6	3:07	0.6	3:59	0.2	6:59	4:31	
3	Sun	10:06	4.5	10:52	3.7	3:48	0.6	4:42	0.3	7:00	4:31	
4	Mon	11:02	4.4	11:47	3.8	4:37	0.7	5:32	0.3	7:01	4:31	
5	Tue			12:00	4.3	5:42	0.8	6:29	0.2	7:02	4:31	
6	Wed	12:42	4.1	12:57	4.2	6:59	0.7	7:29	0.1	7:03	4:31	
7	Thu	1:37	4.4	1:57	4.1	8:13	0.5	8:28	0.0	7:04	4:31	
8	Fri	2:36	4.7	3:01	4.1	9:18	0.2	9:23	-0.2	7:05	4:31	
9	Sat	3:38	5.0	4:06	4.2	10:16	-0.1	10:17	-0.4	7:06	4:31	
10	Sun	4:37	5.2	5:06	4.3	11:12	-0.3	11:10	-0.5	7:07	4:31	
11	Mon	5:31	5.5	6:01	4.4			12:07	-0.5	7:07	4:31	
12	Tue	6:22	5.5	6:53	4.4	12:04	-0.5	1:01	-0.6	7:08	4:31	
13	Wed	7:13	5.5	7:46	4.4	12:58	-0.5	1:53	-0.7	7:09	4:31	
14	Thu	8:03	5.3	8:39	4.3	1:51	-0.4	2:42	-0.6	7:10	4:31	
15	Fri	8:54	5.0	9:34	4.1	2:41	-0.2	3:29	-0.5	7:10	4:32	
16	Sat	9:46	4.7	10:29	4.0	3:28	0.0	4:15	-0.2	7:11	4:32	
17	Sun	10:39	4.4	11:22	3.9	4:17	0.3	5:02	0.0	7:12	4:32	
18	Mon	11:30	4.1			5:08	0.6	5:51	0.2	7:12	4:33	
19	Tue	12:13	3.9	12:19	3.8	6:07	0.8	6:43	0.4	7:13	4:33	
20	Wed	1:00	3.9	1:07	3.6	7:10	0.9	7:35	0.5	7:13	4:33	
21	Thu	1:48	3.9	1:57	3.4	8:11	0.9	8:24	0.5	7:14	4:34	
22	Fri	2:37	3.9	2:51	3.3	9:07	0.7	9:11	0.5	7:14	4:34	
23	Sat	3:28	4.0	3:48	3.3	9:57	0.6	9:56	0.5	7:15	4:35	
24	Sun	4:19	4.2	4:42	3.3	10:44	0.4	10:40	0.4	7:15	4:36	
25	Mon	5:04	4.4	5:29	3.4	11:29	0.2	11:23	0.3	7:16	4:36	
26	Tue	5:46	4.5	6:12	3.5			12:14	0.0	7:16	4:37	
27	Wed	6:25	4.6	6:52	3.6	12:07	0.2	12:59	-0.1	7:16	4:37	
28	Thu	7:03	4.7	7:31	3.6	12:51	0.2	1:42	-0.2	7:17	4:38	
29	Fri	7:40	4.7	8:10	3.7	1:35	0.1	2:22	-0.3	7:17	4:39	
30	Sat	8:20	4.7	8:52	3.7	2:16	0.1	3:01	-0.4	7:17	4:40	
31	Sun	9:02	4.6	9:33	3.8	2:58	0.1	3:39	-0.4	7:17	4:40	