

































Seaside Heights, NJ - Jan 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	9:46	4.4	10:24	3.9	3:38	0.1	4:14	-0.3	7:17	4:41	
2	Tue	10:39	4.3	11:18	4.1	4:26	0.2	4:58	-0.3	7:17	4:42	
3	Wed	11:35	4.1			5:24	0.3	5:49	-0.2	7:17	4:43	
4	Thu	12:13	4.2	12:32	3.9	6:36	0.4	6:50	-0.1	7:18	4:44	
5	Fri	1:09	4.4	1:33	3.7	7:51	0.3	7:55	-0.1	7:18	4:45	
6	Sat	2:10	4.5	2:39	3.6	9:00	0.1	8:59	-0.2	7:17	4:46	
7	Sun	3:15	4.6	3:49	3.7	10:03	-0.1	9:59	-0.3	7:17	4:47	
8	Mon	4:21	4.8	4:53	3.8	11:00	-0.3	10:56	-0.4	7:17	4:48	
9	Tue	5:19	4.9	5:50	4.0	11:55	-0.5	11:52	-0.5	7:17	4:49	
10	Wed	6:12	5.0	6:42	4.2			12:47	-0.7	7:17	4:50	
11	Thu	7:00	5.0	7:32	4.2	12:46	-0.5	1:36	-0.8	7:17	4:51	
12	Fri	7:47	4.9	8:20	4.2	1:37	-0.5	2:22	-0.8	7:16	4:52	
13	Sat	8:33	4.7	9:08	4.2	2:24	-0.4	3:03	-0.7	7:16	4:53	
14	Sun	9:18	4.5	9:55	4.1	3:08	-0.3	3:43	-0.5	7:16	4:54	
15	Mon	10:03	4.2	10:42	4.0	3:50	0.0	4:21	-0.3	7:15	4:55	
16	Tue	10:49	3.8	11:29	3.9	4:34	0.2	4:59	0.0	7:15	4:56	
17	Wed	11:36	3.6			5:21	0.5	5:41	0.2	7:15	4:57	
18	Thu	12:14	3.8	12:22	3.3	6:17	0.7	6:29	0.4	7:14	4:58	
19	Fri	12:58	3.7	1:09	3.1	7:19	0.7	7:24	0.6	7:14	4:59	
20	Sat	1:46	3.7	2:02	3.0	8:22	0.7	8:21	0.6	7:13	5:00	
21	Sun	2:38	3.7	3:02	2.9	9:19	0.6	9:16	0.5	7:12	5:02	
22	Mon	3:36	3.8	4:05	3.0	10:11	0.4	10:07	0.4	7:12	5:03	
23	Tue	4:30	4.0	4:59	3.2	10:59	0.1	10:55	0.2	7:11	5:04	
24	Wed	5:18	4.3	5:44	3.4	11:45	-0.1	11:42	0.0	7:10	5:05	
25	Thu	6:00	4.5	6:26	3.6			12:30	-0.3	7:10	5:06	
26	Fri	6:40	4.7	7:06	3.8	12:29	-0.1	1:13	-0.5	7:09	5:07	
27	Sat	7:20	4.8	7:45	4.0	1:15	-0.3	1:54	-0.7	7:08	5:09	
28	Sun	8:00	4.8	8:27	4.2	1:59	-0.4	2:33	-0.8	7:07	5:10	
29	Mon	8:43	4.6	9:12	4.3	2:43	-0.5	3:11	-0.8	7:07	5:11	
30	Tue	9:30	4.4	10:01	4.4	3:28	-0.4	3:50	-0.7	7:06	5:12	
31	Wed	10:22	4.2	10:54	4.4	4:16	-0.3	4:33	-0.6	7:05	5:13	