

































Seaside Heights, NJ - Mar 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	10:08	4.2	10:33	4.7	4:05	-0.5	4:12	-0.6	6:29	5:47	
2	Fri	11:06	3.9	11:32	4.6	4:59	-0.2	5:02	-0.3	6:27	5:48	
3	Sat			12:07	3.7	6:05	0.1	6:06	0.1	6:26	5:49	
4	Sun	12:33	4.4	1:10	3.6	7:19	0.2	7:20	0.3	6:24	5:50	
5	Mon	1:37	4.2	2:16	3.5	8:31	0.2	8:33	0.3	6:23	5:52	
6	Tue	2:45	4.2	3:25	3.6	9:34	0.1	9:38	0.2	6:21	5:53	
7	Wed	3:53	4.2	4:29	3.8	10:29	-0.1	10:34	0.0	6:20	5:54	
8	Thu	4:52	4.3	5:22	4.1	11:18	-0.3	11:25	-0.1	6:18	5:55	
9	Fri	5:41	4.5	6:07	4.4			12:02	-0.4	6:17	5:56	
10	Sat	6:23	4.5	6:48	4.5	12:13	-0.3	12:44	-0.4	6:15	5:57	
11	Sun	7:03	4.5	7:26	4.6	12:58	-0.3	1:23	-0.4	6:13	5:58	
12	Mon	7:40	4.4	8:03	4.6	1:40	-0.3	1:59	-0.4	6:12	5:59	
13	Tue	8:18	4.2	8:40	4.5	2:19	-0.3	2:32	-0.2	6:10	6:00	
14	Wed	8:55	4.0	9:16	4.4	2:56	-0.2	3:03	0.0	6:09	6:01	
15	Thu	9:33	3.7	9:53	4.2	3:32	0.0	3:33	0.2	6:07	6:02	
16	Fri	10:14	3.5	10:34	4.0	4:08	0.3	4:03	0.4	6:05	6:03	
17	Sat	11:00	3.3	11:18	3.8	4:47	0.5	4:36	0.7	6:04	6:04	
18	Sun	11:50	3.1			5:37	0.7	5:20	0.9	6:02	6:05	
19	Mon	12:08	3.8	12:42	3.1	6:44	0.9	6:32	1.0	6:01	6:06	
20	Tue	1:02	3.7	1:40	3.1	7:55	0.8	7:55	1.0	5:59	6:07	
21	Wed	2:02	3.8	2:43	3.3	8:56	0.6	9:03	0.8	5:57	6:08	
22	Thu	3:07	4.0	3:45	3.6	9:49	0.4	10:00	0.5	5:56	6:09	
23	Fri	4:08	4.2	4:40	4.0	10:36	0.0	10:52	0.1	5:54	6:10	
24	Sat	5:01	4.5	5:27	4.5	11:22	-0.3	11:43	-0.3	5:52	6:11	
25	Sun	5:49	4.8	6:11	4.9			12:07	-0.5	5:51	6:12	
26	Mon	6:34	4.9	6:55	5.2	12:34	-0.5	12:52	-0.7	5:49	6:13	
27	Tue	7:20	4.9	7:40	5.4	1:25	-0.7	1:37	-0.8	5:48	6:14	
28	Wed	8:08	4.8	8:28	5.4	2:14	-0.8	2:22	-0.8	5:46	6:16	
29	Thu	9:00	4.6	9:19	5.3	3:03	-0.7	3:07	-0.6	5:44	6:17	
30	Fri	9:56	4.3	10:16	5.0	3:53	-0.5	3:55	-0.3	5:43	6:18	
31	Sat	10:57	4.1	11:18	4.8	4:48	-0.2	4:49	0.0	5:41	6:19	