
































Seaside Heights, NJ - Jun 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	2:24	4.2	3:05	4.5	8:57	0.5	9:28	1.0	5:29	8:18	
2	Sat	3:15	4.0	3:56	4.5	9:46	0.6	10:22	0.9	5:28	8:19	
3	Sun	4:09	3.9	4:46	4.6	10:30	0.6	11:10	0.7	5:28	8:19	
4	Mon	5:04	3.8	5:33	4.8	11:12	0.6	11:55	0.6	5:28	8:20	
5	Tue	5:54	3.8	6:16	4.9	11:53	0.6			5:27	8:21	
6	Wed	6:39	3.9	6:56	5.0	12:39	0.5	12:34	0.6	5:27	8:21	
7	Thu	7:21	3.9	7:34	5.0	1:23	0.4	1:16	0.7	5:27	8:22	
8	Fri	8:01	3.9	8:11	5.0	2:07	0.3	1:59	0.7	5:27	8:23	
9	Sat	8:41	3.9	8:46	4.9	2:49	0.3	2:40	0.7	5:27	8:23	
10	Sun	9:21	3.9	9:23	4.8	3:28	0.2	3:20	0.8	5:26	8:24	
11	Mon	10:01	3.8	10:01	4.7	4:06	0.3	3:57	0.8	5:26	8:24	
12	Tue	10:44	3.9	10:43	4.6	4:42	0.3	4:35	0.9	5:26	8:25	
13	Wed	11:31	3.9	11:32	4.5	5:20	0.4	5:17	1.0	5:26	8:25	
14	Thu			12:20	4.1	6:00	0.4	6:10	1.0	5:26	8:25	
15	Fri	12:25	4.4	1:09	4.4	6:48	0.4	7:17	1.0	5:26	8:26	
16	Sat	1:19	4.4	2:00	4.6	7:43	0.4	8:32	0.9	5:26	8:26	
17	Sun	2:16	4.3	2:55	4.9	8:42	0.3	9:41	0.7	5:26	8:27	
18	Mon	3:18	4.2	3:55	5.1	9:42	0.2	10:43	0.4	5:27	8:27	
19	Tue	4:25	4.2	4:58	5.4	10:40	0.1	11:42	0.1	5:27	8:27	
20	Wed	5:32	4.3	5:58	5.6	11:37	-0.1			5:27	8:27	
21	Thu	6:32	4.5	6:54	5.8	12:39	-0.1	12:33	-0.1	5:27	8:28	
22	Fri	7:28	4.6	7:47	5.8	1:35	-0.3	1:31	-0.2	5:27	8:28	
23	Sat	8:23	4.7	8:39	5.7	2:30	-0.4	2:28	-0.1	5:28	8:28	
24	Sun	9:18	4.7	9:32	5.5	3:21	-0.5	3:21	0.0	5:28	8:28	
25	Mon	10:13	4.7	10:25	5.3	4:09	-0.4	4:12	0.1	5:28	8:28	
26	Tue	11:09	4.6	11:18	4.9	4:55	-0.3	5:02	0.4	5:28	8:28	
27	Wed			12:02	4.6	5:41	0.0	5:53	0.6	5:29	8:28	
28	Thu	12:10	4.6	12:53	4.6	6:29	0.2	6:49	0.9	5:29	8:28	
29	Fri	1:00	4.3	1:40	4.5	7:18	0.5	7:49	1.1	5:30	8:28	
30	Sat	1:47	4.1	2:26	4.5	8:08	0.7	8:49	1.1	5:30	8:28	