

































## Seaside Heights, NJ - Jul 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	2:35	3.8	3:13	4.5	8:58	0.8	9:46	1.0	5:31	8:28	
2	Mon	3:27	3.7	4:03	4.5	9:46	0.9	10:38	0.9	5:31	8:28	
3	Tue	4:23	3.6	4:55	4.6	10:33	0.9	11:26	0.8	5:32	8:28	
4	Wed	5:20	3.6	5:44	4.7	11:19	0.8			5:32	8:28	
5	Thu	6:11	3.7	6:29	4.8	12:12	0.6	12:04	0.8	5:33	8:28	
6	Fri	6:56	3.8	7:10	4.9	12:57	0.5	12:49	0.7	5:33	8:27	
7	Sat	7:38	3.9	7:48	5.0	1:42	0.4	1:34	0.7	5:34	8:27	
8	Sun	8:18	4.0	8:25	5.0	2:25	0.2	2:19	0.7	5:35	8:27	
9	Mon	8:57	4.1	9:02	5.0	3:05	0.1	3:01	0.6	5:35	8:26	
10	Tue	9:36	4.1	9:41	4.9	3:43	0.1	3:42	0.6	5:36	8:26	
11	Wed	10:17	4.2	10:23	4.8	4:18	0.1	4:22	0.6	5:37	8:26	
12	Thu	11:02	4.4	11:10	4.7	4:54	0.1	5:05	0.7	5:37	8:25	
13	Fri	11:51	4.5			5:32	0.1	5:55	0.8	5:38	8:25	
14	Sat	12:03	4.5	12:42	4.7	6:15	0.2	6:58	0.8	5:39	8:24	
15	Sun	12:58	4.3	1:35	4.9	7:08	0.3	8:11	0.8	5:40	8:24	
16	Mon	1:56	4.2	2:31	5.0	8:11	0.4	9:23	0.7	5:40	8:23	
17	Tue	2:58	4.1	3:33	5.1	9:17	0.3	10:28	0.5	5:41	8:22	
18	Wed	4:07	4.0	4:40	5.3	10:21	0.3	11:28	0.3	5:42	8:22	
19	Thu	5:17	4.2	5:44	5.4	11:22	0.1			5:43	8:21	
20	Fri	6:19	4.4	6:42	5.6	12:25	0.0	12:20	0.0	5:44	8:20	
21	Sat	7:15	4.6	7:34	5.6	1:19	-0.2	1:17	0.0	5:44	8:20	
22	Sun	8:08	4.8	8:23	5.6	2:11	-0.3	2:12	0.0	5:45	8:19	
23	Mon	8:58	4.8	9:11	5.4	3:00	-0.4	3:04	0.0	5:46	8:18	
24	Tue	9:48	4.9	9:59	5.1	3:44	-0.4	3:51	0.1	5:47	8:17	
25	Wed	10:37	4.8	10:46	4.8	4:26	-0.2	4:37	0.3	5:48	8:16	
26	Thu	11:26	4.7	11:34	4.5	5:05	0.0	5:22	0.6	5:49	8:16	
27	Fri			12:14	4.6	5:45	0.3	6:10	0.9	5:50	8:15	
28	Sat	12:22	4.2	1:00	4.5	6:26	0.6	7:04	1.1	5:50	8:14	
29	Sun	1:09	3.9	1:45	4.5	7:13	0.9	8:04	1.2	5:51	8:13	
30	Mon	1:57	3.7	2:31	4.4	8:05	1.0	9:06	1.2	5:52	8:12	
31	Tue	2:47	3.6	3:21	4.4	9:01	1.1	10:03	1.1	5:53	8:11	