
































## Seaside Heights, NJ - Aug 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	3:44	3.5	4:16	4.4	9:57	1.1	10:54	1.0	5:54	8:10	
2	Thu	4:46	3.5	5:11	4.6	10:48	1.0	11:42	0.8	5:55	8:09	
3	Fri	5:42	3.7	6:01	4.7	11:37	0.9			5:56	8:08	
4	Sat	6:30	3.9	6:44	4.9	12:28	0.6	12:24	0.8	5:57	8:07	
5	Sun	7:12	4.1	7:24	5.1	1:12	0.4	1:10	0.6	5:58	8:05	
6	Mon	7:51	4.3	8:02	5.2	1:55	0.2	1:56	0.5	5:59	8:04	
7	Tue	8:29	4.5	8:40	5.2	2:35	0.0	2:41	0.4	6:00	8:03	
8	Wed	9:08	4.6	9:19	5.1	3:13	-0.1	3:24	0.3	6:01	8:02	
9	Thu	9:48	4.8	10:03	4.9	3:50	-0.1	4:07	0.3	6:02	8:01	
10	Fri	10:33	4.9	10:51	4.7	4:27	-0.1	4:52	0.4	6:03	7:59	
11	Sat	11:24	5.0	11:45	4.5	5:05	0.0	5:42	0.6	6:03	7:58	
12	Sun			12:19	5.0	5:49	0.2	6:43	0.7	6:04	7:57	
13	Mon	12:44	4.3	1:16	5.0	6:44	0.4	7:56	0.8	6:05	7:56	
14	Tue	1:44	4.1	2:15	5.0	7:51	0.5	9:10	0.8	6:06	7:54	
15	Wed	2:48	4.0	3:20	5.0	9:04	0.6	10:16	0.6	6:07	7:53	
16	Thu	3:58	4.0	4:29	5.1	10:12	0.5	11:15	0.4	6:08	7:52	
17	Fri	5:07	4.2	5:33	5.2	11:13	0.3			6:09	7:50	
18	Sat	6:08	4.5	6:29	5.3	12:09	0.1	12:10	0.2	6:10	7:49	
19	Sun	7:01	4.8	7:18	5.4	1:00	-0.1	1:04	0.1	6:11	7:47	
20	Mon	7:49	5.0	8:03	5.4	1:48	-0.2	1:55	0.1	6:12	7:46	
21	Tue	8:34	5.1	8:46	5.2	2:33	-0.2	2:43	0.1	6:13	7:45	
22	Wed	9:18	5.0	9:29	5.0	3:14	-0.2	3:28	0.2	6:14	7:43	
23	Thu	10:01	5.0	10:12	4.7	3:52	0.0	4:09	0.3	6:15	7:42	
24	Fri	10:44	4.8	10:56	4.4	4:27	0.2	4:50	0.6	6:16	7:40	
25	Sat	11:29	4.7	11:42	4.1	5:01	0.5	5:32	0.8	6:17	7:39	
26	Sun			12:14	4.5	5:37	0.8	6:19	1.1	6:18	7:37	
27	Mon	12:31	3.8	1:01	4.4	6:16	1.1	7:16	1.3	6:19	7:36	
28	Tue	1:20	3.6	1:48	4.3	7:09	1.3	8:22	1.4	6:20	7:34	
29	Wed	2:12	3.5	2:39	4.3	8:15	1.4	9:25	1.3	6:21	7:33	
30	Thu	3:08	3.5	3:35	4.3	9:21	1.4	10:21	1.1	6:22	7:31	
31	Fri	4:10	3.6	4:34	4.5	10:19	1.2	11:10	0.9	6:22	7:29	