























## Seaside Heights, NJ - Sep 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	5:08	3.8	5:27	4.7	11:11	1.0	11:55	0.6	6:23	7:28	
2	Sun	5:58	4.1	6:14	4.9	11:58	0.8			6:24	7:26	
3	Mon	6:41	4.4	6:55	5.1	12:37	0.3	12:45	0.5	6:25	7:25	
4	Tue	7:20	4.7	7:35	5.2	1:19	0.1	1:32	0.3	6:26	7:23	
5	Wed	7:59	5.0	8:15	5.3	2:00	-0.1	2:19	0.1	6:27	7:21	
6	Thu	8:38	5.2	8:58	5.2	2:41	-0.2	3:05	0.0	6:28	7:20	
7	Fri	9:21	5.3	9:43	5.0	3:21	-0.2	3:51	0.1	6:29	7:18	
8	Sat	10:08	5.4	10:34	4.7	4:01	-0.1	4:38	0.2	6:30	7:17	
9	Sun	11:00	5.3	11:32	4.5	4:43	0.0	5:30	0.4	6:31	7:15	
10	Mon			12:00	5.2	5:30	0.3	6:32	0.6	6:32	7:13	
11	Tue	12:35	4.2	1:02	5.1	6:28	0.5	7:44	0.8	6:33	7:12	
12	Wed	1:38	4.1	2:05	4.9	7:41	0.7	8:57	0.8	6:34	7:10	
13	Thu	2:43	4.1	3:10	4.9	8:57	0.8	10:03	0.6	6:35	7:08	
14	Fri	3:50	4.2	4:17	4.9	10:05	0.7	10:59	0.4	6:36	7:07	
15	Sat	4:56	4.4	5:19	5.0	11:04	0.5	11:49	0.2	6:37	7:05	
16	Sun	5:53	4.7	6:12	5.1	11:58	0.4			6:37	7:03	
17	Mon	6:42	5.0	6:58	5.1	12:36	0.1	12:47	0.2	6:38	7:02	
18	Tue	7:25	5.2	7:40	5.1	1:19	0.0	1:35	0.2	6:39	7:00	
19	Wed	8:06	5.2	8:20	5.0	2:00	0.0	2:20	0.2	6:40	6:59	
20	Thu	8:45	5.2	8:59	4.8	2:39	0.1	3:02	0.2	6:41	6:57	
21	Fri	9:23	5.1	9:38	4.5	3:15	0.2	3:42	0.4	6:42	6:55	
22	Sat	10:02	4.9	10:19	4.2	3:49	0.4	4:20	0.5	6:43	6:54	
23	Sun	10:42	4.7	11:04	4.0	4:22	0.7	4:59	0.8	6:44	6:52	
24	Mon	11:26	4.5	11:54	3.7	4:54	0.9	5:41	1.0	6:45	6:50	
25	Tue			12:15	4.4	5:30	1.2	6:31	1.2	6:46	6:49	
26	Wed	12:46	3.6	1:06	4.3	6:16	1.4	7:35	1.4	6:47	6:47	
27	Thu	1:39	3.5	1:57	4.2	7:25	1.6	8:42	1.3	6:48	6:45	
28	Fri	2:34	3.6	2:52	4.3	8:42	1.5	9:41	1.1	6:49	6:44	
29	Sat	3:31	3.7	3:50	4.4	9:47	1.3	10:31	0.9	6:50	6:42	
30	Sun	4:29	4.0	4:47	4.6	10:42	1.0	11:16	0.6	6:51	6:40	