
































Seaside Heights, NJ - Nov 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	5:17	5.4	5:42	4.9	11:46	-0.1	11:51	-0.3	6:25	4:54	
2	Fri	6:03	5.7	6:31	4.9			12:38	-0.3	6:26	4:53	
3	Sat	6:50	5.9	7:20	4.9	12:40	-0.4	1:31	-0.4	6:27	4:52	
4	Sun	7:39	5.9	8:13	4.7	1:30	-0.4	2:23	-0.4	6:28	4:50	
5	Mon	8:31	5.7	9:10	4.6	2:21	-0.3	3:14	-0.3	6:29	4:49	
6	Tue	9:29	5.5	10:13	4.4	3:13	-0.1	4:07	-0.1	6:30	4:48	
7	Wed	10:31	5.2	11:17	4.3	4:07	0.2	5:05	0.1	6:31	4:47	
8	Thu	11:35	4.9			5:07	0.5	6:08	0.3	6:33	4:46	
9	Fri	12:19	4.3	12:35	4.6	6:17	0.7	7:13	0.4	6:34	4:45	
10	Sat	1:17	4.3	1:32	4.5	7:29	0.8	8:13	0.4	6:35	4:44	
11	Sun	2:14	4.4	2:29	4.3	8:34	0.7	9:06	0.3	6:36	4:43	
12	Mon	3:10	4.5	3:26	4.2	9:31	0.6	9:52	0.3	6:37	4:42	
13	Tue	4:03	4.7	4:20	4.2	10:20	0.5	10:33	0.2	6:38	4:42	
14	Wed	4:49	4.8	5:07	4.2	11:06	0.3	11:13	0.2	6:39	4:41	
15	Thu	5:31	5.0	5:49	4.2	11:49	0.2	11:52	0.3	6:41	4:40	
16	Fri	6:09	5.0	6:29	4.1			12:32	0.2	6:42	4:39	
17	Sat	6:46	5.0	7:08	4.1	12:31	0.3	1:14	0.2	6:43	4:38	
18	Sun	7:22	4.9	7:46	4.0	1:10	0.4	1:54	0.2	6:44	4:38	
19	Mon	7:57	4.8	8:25	3.8	1:49	0.5	2:33	0.2	6:45	4:37	
20	Tue	8:33	4.6	9:06	3.7	2:26	0.6	3:11	0.3	6:46	4:36	
21	Wed	9:11	4.4	9:51	3.5	3:01	0.8	3:48	0.5	6:47	4:36	
22	Thu	9:53	4.3	10:39	3.5	3:36	0.9	4:27	0.6	6:49	4:35	
23	Fri	10:41	4.2	11:30	3.5	4:15	1.0	5:11	0.7	6:50	4:35	
24	Sat	11:33	4.1			5:04	1.1	6:02	0.7	6:51	4:34	
25	Sun	12:19	3.7	12:26	4.1	6:13	1.2	7:00	0.6	6:52	4:33	
26	Mon	1:08	3.9	1:20	4.1	7:29	1.0	7:57	0.4	6:53	4:33	
27	Tue	2:00	4.2	2:19	4.1	8:37	0.8	8:51	0.2	6:54	4:33	
28	Wed	2:57	4.6	3:22	4.1	9:37	0.4	9:42	0.0	6:55	4:32	
29	Thu	3:55	4.9	4:24	4.3	10:33	0.0	10:33	-0.3	6:56	4:32	
30	Fri	4:50	5.3	5:20	4.4	11:27	-0.3	11:25	-0.4	6:57	4:32	