

































## Seven Island, Newmans Thorofare, NJ - Dec 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	9:35	3.7	10:11	2.9	3:30	0.4	4:20	0.1	6:58	4:34	
2	Sat	10:18	3.6	10:59	2.8	4:07	0.5	4:59	0.2	6:59	4:33	
3	Sun	11:08	3.5	11:54	2.9	4:48	0.5	5:42	0.2	7:00	4:33	
4	Mon			12:04	3.5	5:37	0.6	6:32	0.2	7:01	4:33	
5	Tue	12:49	3.0	1:02	3.4	6:42	0.6	7:29	0.2	7:02	4:33	
6	Wed	1:44	3.2	1:59	3.3	7:59	0.6	8:29	0.1	7:03	4:33	
7	Thu	2:39	3.5	2:59	3.3	9:13	0.4	9:28	0.0	7:04	4:33	
8	Fri	3:38	3.7	4:03	3.3	10:18	0.2	10:23	-0.2	7:05	4:33	
9	Sat	4:40	3.9	5:08	3.3	11:16	-0.1	11:17	-0.3	7:06	4:33	
10	Sun	5:39	4.2	6:08	3.4			12:12	-0.3	7:06	4:33	
11	Mon	6:33	4.3	7:03	3.5	12:10	-0.4	1:07	-0.4	7:07	4:33	
12	Tue	7:24	4.4	7:55	3.5	1:04	-0.4	2:01	-0.5	7:08	4:33	
13	Wed	8:15	4.3	8:48	3.5	1:58	-0.4	2:53	-0.5	7:09	4:34	
14	Thu	9:05	4.2	9:41	3.4	2:51	-0.3	3:42	-0.5	7:09	4:34	
15	Fri	9:56	4.0	10:36	3.3	3:41	-0.2	4:29	-0.4	7:10	4:34	
16	Sat	10:48	3.7	11:31	3.2	4:28	0.0	5:15	-0.2	7:11	4:34	
17	Sun	11:41	3.5			5:17	0.2	6:02	0.0	7:11	4:35	
18	Mon	12:24	3.1	12:32	3.2	6:08	0.5	6:51	0.2	7:12	4:35	
19	Tue	1:15	3.1	1:21	3.0	7:07	0.6	7:43	0.3	7:13	4:35	
20	Wed	2:02	3.1	2:09	2.8	8:10	0.7	8:35	0.4	7:13	4:36	
21	Thu	2:50	3.1	2:59	2.7	9:11	0.7	9:24	0.4	7:14	4:36	
22	Fri	3:39	3.1	3:53	2.6	10:07	0.6	10:11	0.4	7:14	4:37	
23	Sat	4:30	3.2	4:50	2.6	10:57	0.4	10:56	0.4	7:15	4:37	
24	Sun	5:21	3.3	5:44	2.6	11:44	0.3	11:40	0.3	7:15	4:38	
25	Mon	6:06	3.5	6:31	2.7			12:29	0.1	7:16	4:39	
26	Tue	6:48	3.6	7:14	2.8	12:23	0.2	1:14	0.0	7:16	4:39	
27	Wed	7:27	3.7	7:54	2.9	1:07	0.2	1:59	-0.1	7:16	4:40	
28	Thu	8:05	3.7	8:33	2.9	1:51	0.1	2:42	-0.2	7:16	4:41	
29	Fri	8:42	3.7	9:12	2.9	2:35	0.1	3:22	-0.3	7:17	4:41	
30	Sat	9:22	3.7	9:54	3.0	3:16	0.1	4:01	-0.3	7:17	4:42	
31	Sun	10:04	3.6	10:35	3.0	3:58	0.0	4:39	-0.3	7:17	4:43	