US HARBORS www.USHarbors.com

Seven Island, Newmans Thorofare, NJ - Jan 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	10:48	3.5	11:26	3.1	4:38	0.0	5:14	-0.3	7:17	4:44	
2	Tue	11:41	3.4			5:26	0.1	5:58	-0.2	7:17	4:45	
3	Wed	12:20	3.2	12:37	3.2	6:24	0.2	6:49	-0.1	7:17	4:45	
4	Thu	1:15	3.4	1:34	3.1	7:36	0.3	7:50	-0.1	7:17	4:46	
5	Fri	2:11	3.5	2:35	3.0	8:51	0.3	8:55	-0.1	7:17	4:47	
6	Sat	3:12	3.6	3:41	2.9	10:00	0.1	9:59	-0.2	7:17	4:48	
7	Sun	4:17	3.7	4:51	2.9	11:03	-0.1	10:59	-0.2	7:17	4:49	
8	Mon	5:23	3.8	5:55	3.0			12:00	-0.3	7:17	4:50	
9	Tue	6:21	3.9	6:52	3.2			12:55	-0.4	7:17	4:51	
10	Wed	7:14	4.0	7:44	3.3	12:52	-0.4	1:47	-0.6	7:17	4:52	
11	Thu	8:02	4.0	8:34	3.4	1:46	-0.4	2:36	-0.6	7:17	4:53	
12	Fri	8:49	3.9	9:22	3.4	2:37	-0.4	3:22	-0.6	7:16	4:54	
13	Sat	9:35	3.8	10:10	3.3	3:24	-0.3	4:03	-0.6	7:16	4:55	
14	Sun	10:20	3.5	10:57	3.2	4:08	-0.2	4:43	-0.4	7:16	4:56	
15	Mon	11:05	3.3	11:44	3.1	4:50	0.0	5:21	-0.2	7:15	4:57	
16	Tue	11:51	3.1			5:34	0.2	5:59	0.0	7:15	4:58	
17	Wed	12:31	3.1	12:38	2.8	6:21	0.4	6:41	0.2	7:15	4:59	
18	Thu	1:16	3.0	1:24	2.6	7:17	0.5	7:29	0.3	7:14	5:00	
19	Fri	2:00	3.0	2:11	2.5	8:19	0.6	8:24	0.4	7:14	5:02	
20	Sat	2:48	2.9	3:04	2.4	9:22	0.6	9:21	0.5	7:13	5:03	
21	Sun	3:40	3.0	4:04	2.3	10:19	0.5	10:16	0.4	7:13	5:04	
22	Mon	4:38	3.0	5:07	2.4	11:11	0.3	11:07	0.3	7:12	5:05	
23	Tue	5:32	3.2	6:01	2.5	11:59	0.1	11:55	0.2	7:11	5:06	
24	Wed	6:20	3.4	6:46	2.7			12:45	-0.1	7:11	5:07	
25	Thu	7:02	3.6	7:28	2.9	12:42	0.0	1:30	-0.2	7:10	5:08	
26	Fri	7:42	3.7	8:08	3.0	1:29	-0.1	2:13	-0.4	7:09	5:10	
27	Sat	8:22	3.8	8:47	3.2	2:15	-0.2	2:54	-0.5	7:08	5:11	
28	Sun	9:02	3.8	9:29	3.3	2:59	-0.3	3:33	-0.6	7:08	5:12	
29	Mon	9:45	3.7	10:14	3.4	3:43	-0.4	4:11	-0.6	7:07	5:13	
30	Tue	10:32	3.5	11:03	3.5	4:28	-0.3	4:50	-0.6	7:06	5:14	
31	Wed	11:24	3.3	11:56	3.5	5:16	-0.2	5:33	-0.4	7:05	5:16	