US HARBORS www.USHarbors.com

Seven Island, Newmans Thorofare, NJ - Jun 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	3:26	3.3	4:07	3.6	9:57	0.4	10:28	0.8	5:31	8:18	
2	Sat	4:17	3.2	4:58	3.6	10:46	0.5	11:22	0.7	5:31	8:19	
3	Sun	5:11	3.1	5:48	3.7	11:30	0.5			5:31	8:19	
4	Mon	6:06	3.0	6:35	3.8	12:10	0.6	12:12	0.5	5:30	8:20	
5	Tue	6:56	3.0	7:18	3.9	12:55	0.5	12:53	0.5	5:30	8:21	
6	Wed	7:41	3.1	7:58	3.9	1:39	0.4	1:34	0.5	5:30	8:21	
7	Thu	8:23	3.1	8:36	4.0	2:23	0.3	2:16	0.5	5:30	8:22	
8	Fri	9:03	3.1	9:13	3.9	3:07	0.2	2:59	0.5	5:29	8:22	
9	Sat	9:43	3.1	9:48	3.9	3:49	0.2	3:40	0.6	5:29	8:23	
10	Sun	10:23	3.1	10:25	3.8	4:28	0.2	4:20	0.6	5:29	8:23	
11	Mon	11:03	3.1	11:03	3.8	5:06	0.2	4:57	0.7	5:29	8:24	
12	Tue	11:46	3.1	11:45	3.7	5:42	0.2	5:35	0.7	5:29	8:24	
13	Wed			12:33	3.1	6:20	0.3	6:17	0.8	5:29	8:25	
14	Thu	12:34	3.6	1:22	3.3	7:00	0.3	7:10	0.8	5:29	8:25	
15	Fri	1:27	3.5	2:11	3.5	7:48	0.3	8:17	0.8	5:29	8:26	
16	Sat	2:21	3.5	3:02	3.7	8:43	0.3	9:32	0.7	5:29	8:26	
17	Sun	3:18	3.4	3:57	3.9	9:42	0.3	10:41	0.5	5:29	8:26	
18	Mon	4:20	3.3	4:57	4.1	10:42	0.2	11:43	0.3	5:29	8:27	
19	Tue	5:27	3.3	6:00	4.3	11:40	0.1			5:29	8:27	
20	Wed	6:34	3.4	7:00	4.5	12:42	0.1	12:37	0.0	5:29	8:27	
21	Thu	7:34	3.5	7:56	4.6	1:39	-0.1	1:33	-0.1	5:30	8:28	
22	Fri	8:30	3.7	8:49	4.6	2:35	-0.2	2:31	-0.1	5:30	8:28	
23	Sat	9:25	3.7	9:41	4.5	3:30	-0.3	3:28	-0.1	5:30	8:28	
24	Sun	10:20	3.7	10:34	4.4	4:21	-0.4	4:21	0.0	5:30	8:28	
25	Mon	11:15	3.7	11:27	4.2	5:09	-0.3	5:12	0.1	5:31	8:28	
26	Tue			12:11	3.7	5:55	-0.2	6:02	0.3	5:31	8:28	
27	Wed	12:20	3.9	1:04	3.7	6:41	0.0	6:53	0.5	5:31	8:28	
28	Thu	1:12	3.7	1:55	3.6	7:29	0.2	7:49	0.7	5:32	8:28	
29	Fri	2:02	3.4	2:42	3.6	8:18	0.4	8:49	0.8	5:32	8:28	
30	Sat	2:49	3.2	3:28	3.6	9:08	0.5	9:49	0.9	5:33	8:28	