
























Strathmere, NJ - Jul 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	3:16	3.3	4:04	3.9	9:40	0.7	10:33	1.1	5:35	8:28	
2	Mon	4:14	3.1	4:55	4.0	10:29	0.8	11:30	1.0	5:36	8:28	
3	Tue	5:09	3.0	5:42	4.1	11:16	0.8			5:36	8:28	
4	Wed	6:00	3.0	6:27	4.2	12:21	0.9	12:02	0.8	5:37	8:28	
5	Thu	6:48	3.1	7:11	4.4	1:09	0.7	12:46	0.7	5:38	8:28	
6	Fri	7:35	3.1	7:54	4.5	1:54	0.6	1:30	0.6	5:38	8:28	
7	Sat	8:20	3.2	8:35	4.6	2:35	0.4	2:12	0.5	5:39	8:27	
8	Sun	9:01	3.3	9:13	4.6	3:13	0.3	2:52	0.5	5:39	8:27	
9	Mon	9:40	3.4	9:50	4.6	3:48	0.2	3:30	0.4	5:40	8:27	
10	Tue	10:18	3.5	10:27	4.5	4:23	0.2	4:10	0.5	5:41	8:26	
11	Wed	10:57	3.6	11:06	4.4	5:00	0.2	4:54	0.5	5:41	8:26	
12	Thu	11:40	3.8	11:50	4.2	5:39	0.2	5:44	0.6	5:42	8:25	
13	Fri			12:27	3.9	6:21	0.2	6:40	0.6	5:43	8:25	
14	Sat	12:38	4.0	1:17	4.1	7:07	0.2	7:41	0.7	5:43	8:24	
15	Sun	1:30	3.8	2:11	4.2	7:55	0.2	8:46	0.7	5:44	8:24	
16	Mon	2:29	3.6	3:14	4.4	8:50	0.2	9:58	0.7	5:45	8:23	
17	Tue	3:40	3.4	4:23	4.6	9:51	0.2	11:09	0.5	5:46	8:23	
18	Wed	4:52	3.4	5:27	4.8	10:57	0.2			5:46	8:22	
19	Thu	5:58	3.5	6:27	5.0	12:13	0.3	11:59 AM	0.1	5:47	8:22	
20	Fri	6:59	3.6	7:24	5.1	1:13	0.1	12:59	-0.1	5:48	8:21	
21	Sat	7:58	3.8	8:19	5.2	2:08	-0.1	1:56	-0.2	5:49	8:20	
22	Sun	8:51	4.0	9:08	5.2	2:58	-0.3	2:50	-0.2	5:50	8:19	
23	Mon	9:40	4.1	9:55	5.0	3:44	-0.3	3:40	-0.1	5:51	8:19	
24	Tue	10:27	4.1	10:39	4.7	4:27	-0.3	4:28	0.0	5:51	8:18	
25	Wed	11:13	4.1	11:23	4.4	5:11	-0.1	5:17	0.3	5:52	8:17	
26	Thu			12:00	4.1	5:55	0.1	6:09	0.5	5:53	8:16	
27	Fri	12:08	4.1	12:46	4.0	6:38	0.3	7:02	0.8	5:54	8:15	
28	Sat	12:52	3.7	1:32	3.9	7:20	0.6	7:55	1.0	5:55	8:14	
29	Sun	1:38	3.4	2:20	3.9	8:02	0.8	8:50	1.2	5:56	8:13	
30	Mon	2:27	3.1	3:14	3.8	8:47	0.9	9:52	1.2	5:57	8:13	
31	Tue	3:27	3.0	4:12	3.9	9:38	1.0	10:55	1.2	5:57	8:12	