

































## Bellmore, NY - Jul 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	4:33	1.8	5:11	2.1	11:28	0.4			5:26	8:29	
2	Mon	5:25	1.7	6:01	2.1	12:16	0.5	12:16	0.4	5:27	8:28	
3	Tue	6:21	1.7	6:53	2.2	1:08	0.5	1:03	0.4	5:27	8:28	
4	Wed	7:18	1.7	7:42	2.2	1:56	0.4	1:49	0.4	5:28	8:28	
5	Thu	8:09	1.7	8:27	2.3	2:42	0.3	2:34	0.4	5:28	8:28	
6	Fri	8:54	1.8	9:08	2.3	3:27	0.2	3:19	0.4	5:29	8:28	
7	Sat	9:36	1.8	9:46	2.3	4:12	0.2	4:04	0.3	5:30	8:27	
8	Sun	10:16	1.9	10:23	2.4	4:55	0.1	4:49	0.3	5:30	8:27	
9	Mon	10:55	1.9	11:00	2.3	5:35	0.1	5:31	0.3	5:31	8:27	
10	Tue	11:34	1.9	11:39	2.3	6:13	0.0	6:12	0.3	5:32	8:26	
11	Wed			12:15	2.0	6:48	0.0	6:52	0.3	5:32	8:26	
12	Thu	12:21	2.2	1:00	2.0	7:24	0.0	7:35	0.3	5:33	8:25	
13	Fri	1:08	2.2	1:49	2.1	8:02	0.1	8:25	0.4	5:34	8:25	
14	Sat	2:01	2.1	2:40	2.2	8:45	0.1	9:28	0.4	5:35	8:24	
15	Sun	2:56	2.0	3:33	2.3	9:38	0.1	10:41	0.4	5:35	8:24	
16	Mon	3:54	2.0	4:29	2.3	10:41	0.2	11:53	0.4	5:36	8:23	
17	Tue	4:56	1.9	5:31	2.4	11:47	0.2			5:37	8:22	
18	Wed	6:05	1.9	6:38	2.5	12:58	0.3	12:51	0.1	5:38	8:22	
19	Thu	7:15	2.0	7:42	2.5	1:58	0.1	1:52	0.1	5:39	8:21	
20	Fri	8:17	2.1	8:40	2.6	2:55	0.0	2:50	0.0	5:39	8:20	
21	Sat	9:13	2.2	9:32	2.6	3:49	-0.1	3:47	0.0	5:40	8:20	
22	Sun	10:06	2.2	10:21	2.6	4:41	-0.2	4:42	0.0	5:41	8:19	
23	Mon	10:56	2.3	11:09	2.5	5:30	-0.2	5:34	0.0	5:42	8:18	
24	Tue	11:46	2.3	11:57	2.4	6:14	-0.2	6:21	0.1	5:43	8:17	
25	Wed			12:35	2.2	6:56	-0.1	7:07	0.2	5:44	8:16	
26	Thu	12:44	2.3	1:24	2.2	7:35	0.0	7:52	0.3	5:45	8:15	
27	Fri	1:32	2.1	2:12	2.2	8:15	0.2	8:40	0.4	5:46	8:14	
28	Sat	2:20	2.0	2:58	2.1	8:56	0.3	9:34	0.5	5:47	8:14	
29	Sun	3:07	1.8	3:43	2.1	9:43	0.4	10:34	0.6	5:47	8:13	
30	Mon	3:55	1.7	4:29	2.1	10:35	0.5	11:36	0.6	5:48	8:12	
31	Tue	4:45	1.7	5:19	2.0	11:31	0.6			5:49	8:11	