































## Bergen Point West Reach, NY - Jul 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	3:33	4.6	4:11	5.3	10:10	1.0	10:55	1.3	5:29	8:31	
2	Mon	4:23	4.4	5:00	5.3	10:57	1.1	11:46	1.1	5:29	8:31	
3	Tue	5:19	4.3	5:51	5.4	11:43	1.1			5:30	8:31	
4	Wed	6:16	4.4	6:40	5.5	12:33	1.0	12:28	1.1	5:30	8:30	
5	Thu	7:08	4.5	7:24	5.6	1:19	0.8	1:13	1.1	5:31	8:30	
6	Fri	7:53	4.6	8:04	5.7	2:05	0.7	1:58	1.0	5:32	8:30	
7	Sat	8:34	4.7	8:41	5.8	2:49	0.5	2:43	0.9	5:32	8:30	
8	Sun	9:12	4.7	9:15	5.8	3:31	0.4	3:26	0.9	5:33	8:29	
9	Mon	9:49	4.8	9:48	5.8	4:11	0.3	4:07	0.8	5:34	8:29	
10	Tue	10:25	4.9	10:24	5.7	4:47	0.2	4:45	0.8	5:34	8:29	
11	Wed	11:04	5.0	11:05	5.6	5:21	0.2	5:23	0.8	5:35	8:28	
12	Thu	11:48	5.1	11:52	5.5	5:53	0.2	6:03	0.9	5:36	8:28	
13	Fri			12:37	5.3	6:28	0.3	6:51	1.0	5:36	8:27	
14	Sat	12:46	5.3	1:29	5.5	7:09	0.4	7:56	1.1	5:37	8:27	
15	Sun	1:44	5.2	2:22	5.7	8:01	0.5	9:17	1.1	5:38	8:26	
16	Mon	2:43	5.0	3:18	5.9	9:08	0.6	10:31	1.0	5:39	8:25	
17	Tue	3:45	4.9	4:19	6.0	10:20	0.6	11:35	0.7	5:39	8:25	
18	Wed	4:55	4.8	5:28	6.1	11:27	0.5			5:40	8:24	
19	Thu	6:08	4.9	6:35	6.3	12:35	0.4	12:29	0.4	5:41	8:24	
20	Fri	7:13	5.2	7:34	6.4	1:31	0.1	1:29	0.2	5:42	8:23	
21	Sat	8:09	5.4	8:27	6.5	2:25	-0.1	2:26	0.1	5:43	8:22	
22	Sun	9:03	5.6	9:18	6.4	3:17	-0.3	3:21	0.1	5:44	8:21	
23	Mon	9:55	5.7	10:07	6.2	4:06	-0.4	4:12	0.1	5:45	8:20	
24	Tue	10:46	5.7	10:56	6.0	4:51	-0.3	4:59	0.2	5:45	8:20	
25	Wed	11:38	5.6	11:45	5.6	5:33	-0.2	5:45	0.5	5:46	8:19	
26	Thu			12:28	5.6	6:13	0.1	6:30	0.8	5:47	8:18	
27	Fri	12:34	5.3	1:15	5.5	6:53	0.5	7:19	1.1	5:48	8:17	
28	Sat	1:21	5.0	2:01	5.4	7:34	0.8	8:15	1.4	5:49	8:16	
29	Sun	2:08	4.7	2:44	5.3	8:21	1.2	9:17	1.5	5:50	8:15	
30	Mon	2:55	4.5	3:29	5.2	9:15	1.4	10:17	1.5	5:51	8:14	
31	Tue	3:44	4.3	4:17	5.2	10:12	1.5	11:12	1.4	5:52	8:13	