

Long Beach (inside), NY - Jan 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	10:34	4.1	11:12	3.6	4:12	0.1	4:48	-0.3	7:18	4:38	
2	Tue	11:27	3.9			5:00	0.1	5:32	-0.2	7:18	4:39	
3	Wed	12:06	3.7	12:23	3.7	5:58	0.3	6:23	-0.2	7:18	4:39	
4	Thu	1:01	3.9	1:20	3.5	7:10	0.3	7:24	-0.1	7:18	4:40	
5	Fri	1:57	4.0	2:21	3.4	8:25	0.3	8:29	-0.1	7:18	4:41	
6	Sat	2:58	4.1	3:27	3.3	9:34	0.1	9:33	-0.2	7:18	4:42	
7	Sun	4:03	4.2	4:37	3.3	10:37	-0.1	10:33	-0.3	7:18	4:43	
8	Mon	5:09	4.4	5:41	3.5	11:34	-0.3	11:30	-0.4	7:18	4:44	
9	Tue	6:07	4.5	6:38	3.7			12:29	-0.5	7:17	4:45	
10	Wed	7:00	4.6	7:30	3.8	12:26	-0.5	1:21	-0.6	7:17	4:46	
11	Thu	7:48	4.6	8:20	3.9	1:20	-0.5	2:10	-0.7	7:17	4:47	
12	Fri	8:35	4.5	9:08	3.9	2:11	-0.5	2:56	-0.7	7:17	4:48	
13	Sat	9:21	4.3	9:56	3.8	2:58	-0.4	3:37	-0.7	7:16	4:49	
14	Sun	10:06	4.1	10:43	3.7	3:42	-0.3	4:17	-0.5	7:16	4:50	
15	Mon	10:51	3.8	11:30	3.6	4:24	0.0	4:55	-0.3	7:16	4:51	
16	Tue	11:37	3.5			5:08	0.2	5:33	0.0	7:15	4:53	
17	Wed	12:17	3.5	12:24	3.2	5:55	0.4	6:15	0.2	7:15	4:54	
18	Thu	1:02	3.5	1:10	3.0	6:51	0.6	7:03	0.4	7:14	4:55	
19	Fri	1:46	3.4	1:57	2.8	7:53	0.7	7:58	0.5	7:14	4:56	
20	Sat	2:34	3.4	2:50	2.7	8:56	0.7	8:55	0.5	7:13	4:57	
21	Sun	3:26	3.4	3:50	2.7	9:53	0.5	9:50	0.5	7:13	4:58	
22	Mon	4:24	3.5	4:53	2.8	10:45	0.4	10:41	0.4	7:12	5:00	
23	Tue	5:18	3.7	5:47	2.9	11:33	0.1	11:29	0.2	7:11	5:01	
24	Wed	6:06	3.9	6:32	3.1			12:19	-0.1	7:11	5:02	
25	Thu	6:48	4.1	7:14	3.3	12:16	0.0	1:04	-0.3	7:10	5:03	
26	Fri	7:28	4.3	7:54	3.5	1:03	-0.1	1:47	-0.5	7:09	5:04	
27	Sat	8:08	4.3	8:33	3.7	1:49	-0.3	2:28	-0.6	7:08	5:06	
28	Sun	8:48	4.3	9:15	3.8	2:33	-0.4	3:07	-0.7	7:07	5:07	
29	Mon	9:31	4.2	10:00	3.9	3:17	-0.4	3:45	-0.7	7:07	5:08	
30	Tue	10:18	4.1	10:49	4.0	4:02	-0.4	4:24	-0.7	7:06	5:09	
31	Wed	11:10	3.8	11:42	4.0	4:50	-0.3	5:07	-0.5	7:05	5:10	