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# Newport, RI - Jul 1990

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sun | 3:08 | 2.8 | 3:47 | 3.5 | 8:34 | 0.7 | 10:12 | 0.9 | 5:15 | 8:23 | |
| 2 | Mon | 4:03 | 2.7 | 4:43 | 3.4 | 9:26 | 0.7 | 10:59 | 0.8 | 5:15 | 8:22 | |
| 3 | Tue | 5:02 | 2.7 | 5:37 | 3.4 | 10:17 | 0.7 | 11:41 | 0.7 | 5:16 | 8:22 | |
| 4 | Wed | 5:57 | 2.7 | 6:25 | 3.5 | 11:06 | 0.6 | | | 5:16 | 8:22 | |
| 5 | Thu | 6:44 | 2.9 | 7:07 | 3.6 | 12:22 | 0.6 | 11:52 AM | 0.5 | 5:17 | 8:22 | |
| 6 | Fri | 7:26 | 3.0 | 7:45 | 3.7 | 1:04 | 0.5 | 12:37 | 0.4 | 5:18 | 8:21 | |
| 7 | Sat | 8:05 | 3.2 | 8:22 | 3.8 | 1:48 | 0.4 | 1:22 | 0.3 | 5:18 | 8:21 | |
| 8 | Sun | 8:44 | 3.3 | 8:59 | 3.8 | 2:30 | 0.3 | 2:07 | 0.3 | 5:19 | 8:21 | |
| 9 | Mon | 9:23 | 3.4 | 9:37 | 3.9 | 3:07 | 0.2 | 2:50 | 0.2 | 5:20 | 8:20 | |
| 10 | Tue | 10:04 | 3.5 | 10:18 | 3.8 | 3:40 | 0.1 | 3:32 | 0.2 | 5:20 | 8:20 | |
| 11 | Wed | 10:47 | 3.5 | 11:01 | 3.8 | 4:10 | 0.1 | 4:12 | 0.3 | 5:21 | 8:20 | |
| 12 | Thu | 11:33 | 3.6 | 11:49 | 3.6 | 4:41 | 0.1 | 4:55 | 0.4 | 5:22 | 8:19 | |
| 13 | Fri | | | 12:21 | 3.7 | 5:17 | 0.1 | 5:43 | 0.5 | 5:22 | 8:19 | |
| 14 | Sat | 12:40 | 3.5 | 1:12 | 3.8 | 5:58 | 0.1 | 6:43 | 0.6 | 5:23 | 8:18 | |
| 15 | Sun | 1:33 | 3.4 | 2:05 | 3.9 | 6:48 | 0.1 | 8:00 | 0.6 | 5:24 | 8:17 | |
| 16 | Mon | 2:30 | 3.3 | 3:03 | 4.0 | 7:47 | 0.2 | 9:35 | 0.6 | 5:25 | 8:17 | |
| 17 | Tue | 3:31 | 3.2 | 4:07 | 4.1 | 8:53 | 0.2 | 10:54 | 0.5 | 5:26 | 8:16 | |
| 18 | Wed | 4:39 | 3.3 | 5:15 | 4.3 | 10:00 | 0.1 | 11:55 | 0.3 | 5:27 | 8:15 | |
| 19 | Thu | 5:46 | 3.5 | 6:19 | 4.4 | 11:05 | 0.1 | | | 5:27 | 8:15 | |
| 20 | Fri | 6:46 | 3.7 | 7:16 | 4.6 | 12:50 | 0.2 | 12:05 | 0.0 | 5:28 | 8:14 | |
| 21 | Sat | 7:40 | 4.0 | 8:09 | 4.7 | 1:43 | 0.1 | 1:02 | -0.1 | 5:29 | 8:13 | |
| 22 | Sun | 8:32 | 4.2 | 8:58 | 4.6 | 2:33 | 0.0 | 1:58 | -0.1 | 5:30 | 8:12 | |
| 23 | Mon | 9:22 | 4.3 | 9:46 | 4.5 | 3:16 | 0.0 | 2:53 | -0.1 | 5:31 | 8:12 | |
| 24 | Tue | 10:11 | 4.3 | 10:32 | 4.2 | 3:51 | 0.0 | 3:42 | 0.1 | 5:32 | 8:11 | |
| 25 | Wed | 11:00 | 4.2 | 11:18 | 3.9 | 4:20 | 0.0 | 4:27 | 0.2 | 5:33 | 8:10 | |
| 26 | Thu | 11:49 | 4.0 | | | 4:50 | 0.2 | 5:10 | 0.5 | 5:34 | 8:09 | |
| 27 | Fri | 12:05 | 3.6 | 12:38 | 3.8 | 5:22 | 0.3 | 5:56 | 0.7 | 5:35 | 8:08 | |
| 28 | Sat | 12:52 | 3.2 | 1:25 | 3.6 | 5:58 | 0.5 | 6:51 | 0.9 | 5:36 | 8:07 | |
| 29 | Sun | 1:38 | 3.0 | 2:13 | 3.4 | 6:42 | 0.6 | 8:01 | 1.0 | 5:37 | 8:06 | |
| 30 | Mon | 2:25 | 2.7 | 3:01 | 3.3 | 7:35 | 0.8 | 9:20 | 1.0 | 5:38 | 8:05 | |
| 31 | Tue | 3:16 | 2.6 | 3:56 | 3.2 | 8:37 | 0.8 | 10:25 | 1.0 | 5:39 | 8:04 | |