

West Point, VA - Jan 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	1:35	2.3	1:55	2.7	8:05	-0.2	8:41	-0.3	7:21	4:59	
2	Tue	2:23	2.4	2:41	2.6	8:59	-0.1	9:28	-0.3	7:22	5:00	
3	Wed	3:12	2.5	3:31	2.4	9:59	-0.1	10:18	-0.3	7:22	5:01	
4	Thu	4:05	2.5	4:25	2.2	11:03	0.0	11:12	-0.3	7:22	5:02	
5	Fri	5:05	2.6	5:27	2.1			12:13	0.0	7:22	5:03	
6	Sat	6:14	2.6	6:37	2.0	12:12	-0.3	1:24	0.0	7:22	5:03	
7	Sun	7:25	2.7	7:47	2.0	1:15	-0.3	2:30	-0.1	7:22	5:04	
8	Mon	8:30	2.9	8:50	2.1	2:18	-0.4	3:33	-0.2	7:22	5:05	
9	Tue	9:30	3.0	9:49	2.2	3:19	-0.4	4:31	-0.3	7:22	5:06	
10	Wed	10:26	3.0	10:44	2.3	4:19	-0.5	5:23	-0.3	7:21	5:07	
11	Thu	11:16	3.0	11:35	2.4	5:14	-0.5	6:09	-0.4	7:21	5:08	
12	Fri			12:01	2.9	6:04	-0.5	6:52	-0.4	7:21	5:09	
13	Sat	12:23	2.4	12:43	2.8	6:51	-0.4	7:33	-0.4	7:21	5:10	
14	Sun	1:09	2.4	1:25	2.6	7:38	-0.3	8:13	-0.3	7:21	5:11	
15	Mon	1:54	2.4	2:05	2.4	8:26	-0.2	8:53	-0.2	7:20	5:12	
16	Tue	2:38	2.3	2:46	2.2	9:15	-0.1	9:33	-0.1	7:20	5:13	
17	Wed	3:21	2.3	3:27	2.0	10:06	0.1	10:13	-0.1	7:20	5:14	
18	Thu	4:05	2.2	4:11	1.8	10:59	0.1	10:55	0.0	7:19	5:15	
19	Fri	4:53	2.1	5:00	1.7	11:55	0.2	11:43	0.0	7:19	5:16	
20	Sat	5:50	2.1	6:01	1.6			12:56	0.2	7:18	5:17	
21	Sun	6:54	2.1	7:06	1.6	12:38	0.1	1:54	0.2	7:18	5:18	
22	Mon	7:52	2.2	8:04	1.7	1:34	0.0	2:46	0.1	7:17	5:19	
23	Tue	8:42	2.4	8:54	1.8	2:27	0.0	3:35	0.0	7:17	5:21	
24	Wed	9:28	2.5	9:41	1.9	3:18	-0.1	4:21	-0.1	7:16	5:22	
25	Thu	10:11	2.6	10:26	2.1	4:08	-0.2	5:02	-0.2	7:15	5:23	
26	Fri	10:52	2.7	11:08	2.2	4:54	-0.3	5:40	-0.3	7:15	5:24	
27	Sat	11:31	2.8	11:49	2.4	5:38	-0.4	6:16	-0.4	7:14	5:25	
28	Sun			12:10	2.8	6:21	-0.4	6:53	-0.4	7:13	5:26	
29	Mon	12:30	2.5	12:51	2.8	7:06	-0.4	7:31	-0.5	7:13	5:27	
30	Tue	1:14	2.6	1:35	2.6	7:53	-0.4	8:13	-0.5	7:12	5:28	
31	Wed	2:01	2.7	2:22	2.5	8:46	-0.3	9:00	-0.4	7:11	5:29	