US HARBORS www.USHarbors.com

Lanoka Harbor, NJ - Jan 1776

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	7:23	0.4	7:47	0.3	1:33	0.0	2:20	0.0	7:22	4:46	
2	Tue	8:19	0.4	8:43	0.3	2:24	0.0	3:12	0.0	7:22	4:47	
3	Wed	9:09	0.4	9:33	0.3	3:12	0.0	4:01	0.0	7:22	4:48	
4	Thu	9:53	0.4	10:19	0.3	3:58	0.0	4:47	0.0	7:22	4:49	
5	Fri	10:35	0.4	11:02	0.3	4:43	0.0	5:32	0.0	7:22	4:50	
6	Sat	11:14	0.4	11:44	0.3	5:26	0.0	6:13	0.0	7:22	4:51	
7	Sun	11:53	0.4			6:08	0.0	6:52	0.0	7:22	4:52	
8	Mon	12:27	0.3	12:32	0.4	6:48	0.0	7:29	0.0	7:22	4:53	
9	Tue	1:09	0.3	1:10	0.4	7:26	0.0	8:04	0.0	7:22	4:54	
10	Wed	1:54	0.3	1:50	0.3	8:03	0.0	8:39	0.0	7:22	4:55	
11	Thu	2:38	0.3	2:32	0.3	8:41	0.0	9:16	0.0	7:22	4:56	
12	Fri	3:23	0.3	3:16	0.3	9:26	0.1	9:58	0.0	7:21	4:57	
13	Sat	4:06	0.3	4:02	0.3	10:23	0.1	10:50	0.0	7:21	4:58	
14	Sun	4:50	0.3	4:51	0.3	11:31	0.1	11:48	0.0	7:21	4:59	
15	Mon	5:38	0.3	5:47	0.3			12:38	0.1	7:20	5:00	
16	Tue	6:33	0.3	6:51	0.3	12:47	0.0	1:38	0.0	7:20	5:01	
17	Wed	7:32	0.4	7:57	0.3	1:43	0.0	2:33	0.0	7:19	5:02	
18	Thu	8:29	0.4	8:55	0.3	2:36	0.0	3:26	0.0	7:19	5:03	
19	Fri	9:22	0.4	9:48	0.4	3:28	0.0	4:18	-0.1	7:18	5:04	
20	Sat	10:11	0.5	10:38	0.4	4:22	-0.1	5:10	-0.1	7:18	5:05	
21	Sun	11:01	0.5	11:29	0.4	5:16	-0.1	6:00	-0.1	7:17	5:07	
22	Mon	11:51	0.5			6:09	-0.1	6:49	-0.1	7:17	5:08	
23	Tue	12:22	0.4	12:44	0.5	7:00	-0.1	7:36	-0.1	7:16	5:09	
24	Wed	1:16	0.4	1:38	0.4	7:51	-0.1	8:24	-0.1	7:15	5:10	
25	Thu	2:13	0.4	2:35	0.4	8:44	-0.1	9:14	-0.1	7:15	5:11	
26	Fri	3:10	0.4	3:31	0.4	9:43	0.0	10:08	-0.1	7:14	5:12	
27	Sat	4:06	0.4	4:27	0.4	10:48	0.0	11:08	0.0	7:13	5:14	
28	Sun	5:01	0.4	5:23	0.3	11:57	0.0			7:12	5:15	
29	Mon	5:57	0.4	6:22	0.3	12:08	0.0	1:01	0.0	7:12	5:16	
30	Tue	6:56	0.4	7:24	0.3	1:07	0.0	2:00	0.0	7:11	5:17	
31	Wed	7:55	0.4	8:23	0.3	2:00	0.0	2:52	0.0	7:10	5:18	