

Lanoka Harbor, NJ - Mar 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	4:19	0.4	4:48	0.3	11:31	0.0	11:23	0.0	6:29	5:48	
2	Mon	5:24	0.4	5:59	0.3			12:48	0.0	6:28	5:49	
3	Tue	6:37	0.4	7:15	0.3	12:48	0.0	1:53	0.0	6:26	5:50	
4	Wed	7:50	0.4	8:24	0.3	1:59	0.0	2:50	0.0	6:25	5:51	
5	Thu	8:52	0.4	9:22	0.4	3:00	0.0	3:43	-0.1	6:23	5:52	
6	Fri	9:46	0.4	10:13	0.4	3:57	-0.1	4:33	-0.1	6:22	5:53	
7	Sat	10:35	0.5	11:01	0.4	4:52	-0.1	5:22	-0.1	6:20	5:54	
8	Sun	11:23	0.4	11:48	0.4	5:45	-0.1	6:07	-0.1	6:19	5:55	
9	Mon			12:10	0.4	6:34	-0.1	6:51	-0.1	6:17	5:56	
10	Tue	12:35	0.4	12:59	0.4	7:21	-0.1	7:32	-0.1	6:16	5:57	
11	Wed	1:22	0.4	1:49	0.4	8:07	0.0	8:13	0.0	6:14	5:58	
12	Thu	2:11	0.4	2:41	0.3	8:55	0.0	8:56	0.0	6:13	5:59	
13	Fri	3:02	0.4	3:35	0.3	9:48	0.0	9:44	0.0	6:11	6:00	
14	Sat	3:53	0.4	4:29	0.3	10:50	0.1	10:43	0.1	6:09	6:01	
15	Sun	4:46	0.3	5:24	0.3	11:58	0.1	11:52	0.1	6:08	6:03	
16	Mon	5:42	0.3	6:23	0.3			1:02	0.1	6:06	6:04	
17	Tue	6:44	0.3	7:25	0.3	12:58	0.1	1:56	0.1	6:05	6:05	
18	Wed	7:45	0.3	8:21	0.3	1:54	0.1	2:42	0.0	6:03	6:06	
19	Thu	8:38	0.3	9:08	0.3	2:44	0.0	3:23	0.0	6:01	6:07	
20	Fri	9:21	0.4	9:48	0.4	3:29	0.0	4:03	0.0	6:00	6:08	
21	Sat	9:59	0.4	10:24	0.4	4:13	0.0	4:41	0.0	5:58	6:09	
22	Sun	10:35	0.4	10:58	0.4	4:55	0.0	5:17	0.0	5:56	6:10	
23	Mon	11:08	0.4	11:29	0.4	5:36	0.0	5:52	0.0	5:55	6:11	
24	Tue	11:41	0.4			6:16	0.0	6:25	0.0	5:53	6:12	
25	Wed	12:01	0.4	12:15	0.4	6:54	0.0	6:57	0.0	5:52	6:13	
26	Thu	12:34	0.4	12:53	0.3	7:32	0.0	7:28	0.0	5:50	6:14	
27	Fri	1:13	0.4	1:38	0.3	8:12	0.0	8:03	0.0	5:48	6:15	
28	Sat	2:01	0.4	2:34	0.3	8:59	0.0	8:47	0.0	5:47	6:16	
29	Sun	3:00	0.4	3:37	0.3	10:00	0.0	9:49	0.1	5:45	6:17	
30	Mon	4:05	0.4	4:43	0.3	11:15	0.0	11:17	0.1	5:43	6:18	
31	Tue	5:11	0.4	5:51	0.3			12:28	0.0	5:42	6:19	