

Lanoka Harbor, NJ - Jan 1975

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	1:03	0.4	1:17	0.4	7:33	-0.1	8:13	-0.1	7:18	4:42	
2	Thu	2:00	0.4	2:14	0.4	8:26	0.0	9:02	-0.1	7:18	4:42	
3	Fri	2:58	0.4	3:11	0.4	9:23	0.0	9:57	0.0	7:18	4:43	
4	Sat	3:54	0.4	4:09	0.4	10:27	0.0	10:56	0.0	7:18	4:44	
5	Sun	4:50	0.4	5:05	0.3	11:36	0.0	11:58	0.0	7:18	4:45	
6	Mon	5:46	0.4	6:04	0.3			12:43	0.0	7:18	4:46	
7	Tue	6:45	0.4	7:07	0.3	12:58	0.0	1:44	0.0	7:18	4:47	
8	Wed	7:44	0.4	8:09	0.3	1:53	0.0	2:38	0.0	7:18	4:48	
9	Thu	8:39	0.4	9:03	0.3	2:44	0.0	3:28	0.0	7:17	4:49	
10	Fri	9:27	0.4	9:51	0.3	3:32	0.0	4:15	0.0	7:17	4:50	
11	Sat	10:10	0.4	10:34	0.3	4:18	0.0	4:59	0.0	7:17	4:51	
12	Sun	10:51	0.4	11:15	0.3	5:03	0.0	5:41	0.0	7:17	4:52	
13	Mon	11:30	0.4	11:55	0.3	5:46	0.0	6:20	0.0	7:17	4:53	
14	Tue			12:08	0.4	6:26	0.0	6:56	0.0	7:16	4:54	
15	Wed	12:35	0.3	12:46	0.4	7:04	0.0	7:30	0.0	7:16	4:55	
16	Thu	1:14	0.3	1:24	0.3	7:40	0.0	8:03	0.0	7:15	4:56	
17	Fri	1:53	0.3	2:03	0.3	8:16	0.0	8:35	0.0	7:15	4:57	
18	Sat	2:34	0.3	2:45	0.3	8:55	0.0	9:10	0.0	7:15	4:58	
19	Sun	3:15	0.3	3:29	0.3	9:41	0.1	9:51	0.0	7:14	5:00	
20	Mon	3:58	0.3	4:18	0.3	10:44	0.1	10:45	0.0	7:14	5:01	
21	Tue	4:45	0.3	5:11	0.3	11:56	0.1	11:51	0.0	7:13	5:02	
22	Wed	5:38	0.3	6:13	0.3			1:03	0.0	7:12	5:03	
23	Thu	6:40	0.4	7:21	0.3	12:56	0.0	2:02	0.0	7:12	5:04	
24	Fri	7:46	0.4	8:25	0.3	1:56	0.0	2:57	0.0	7:11	5:05	
25	Sat	8:45	0.4	9:20	0.3	2:53	0.0	3:49	0.0	7:10	5:07	
26	Sun	9:39	0.4	10:12	0.4	3:48	-0.1	4:40	-0.1	7:10	5:08	
27	Mon	10:29	0.5	11:02	0.4	4:43	-0.1	5:30	-0.1	7:09	5:09	
28	Tue	11:19	0.5	11:52	0.4	5:37	-0.1	6:18	-0.1	7:08	5:10	
29	Wed			12:09	0.5	6:29	-0.1	7:05	-0.1	7:07	5:11	
30	Thu	12:44	0.4	1:01	0.4	7:20	-0.1	7:51	-0.1	7:06	5:12	
31	Fri	1:38	0.4	1:55	0.4	8:11	-0.1	8:38	-0.1	7:06	5:14	