

Lanoka Harbor, NJ - Mar 1989

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