

































Lanoka Harbor, NJ - Jan 1997

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