


































Lanoka Harbor, NJ - Mar 1997

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