US HARBORS www.USHarbors.com

Lanoka Harbor, NJ - Jan 2004

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