


































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 |  |