

































## Lanoka Harbor, NJ - Mar 2004

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