US HARBORS www.USHarbors.com

Lanoka Harbor, NJ - Jul 2009

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