
































## Lanoka Harbor, NJ - Aug 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	8:19	0.3	8:49	0.4	2:56	0.1	2:54	0.1	5:55	8:10	
2	Sun	9:18	0.3	9:40	0.4	3:45	0.1	3:42	0.1	5:56	8:09	
3	Mon	10:08	0.3	10:26	0.4	4:30	0.1	4:28	0.1	5:57	8:08	
4	Tue	10:53	0.4	11:07	0.4	5:13	0.0	5:13	0.1	5:58	8:06	
5	Wed	11:33	0.4	11:44	0.4	5:55	0.0	5:57	0.1	5:59	8:05	
6	Thu			12:11	0.4	6:35	0.0	6:40	0.1	6:00	8:04	
7	Fri	12:20	0.4	12:47	0.4	7:12	0.0	7:20	0.1	6:01	8:03	
8	Sat	12:54	0.4	1:21	0.4	7:46	0.0	7:57	0.1	6:02	8:02	
9	Sun	1:28	0.4	1:54	0.4	8:18	0.0	8:33	0.1	6:03	8:00	
10	Mon	2:03	0.4	2:30	0.4	8:48	0.0	9:10	0.1	6:04	7:59	
11	Tue	2:42	0.4	3:11	0.4	9:19	0.0	9:52	0.1	6:05	7:58	
12	Wed	3:30	0.4	3:59	0.4	9:55	0.0	10:47	0.1	6:05	7:57	
13	Thu	4:24	0.3	4:53	0.4	10:41	0.1			6:06	7:55	
14	Fri	5:24	0.3	5:52	0.4	12:00	0.1	11:47 AM	0.1	6:07	7:54	
15	Sat	6:28	0.3	6:56	0.4	1:17	0.1	1:04	0.1	6:08	7:53	
16	Sun	7:38	0.3	8:07	0.4	2:25	0.1	2:17	0.0	6:09	7:51	
17	Mon	8:50	0.4	9:15	0.5	3:25	0.0	3:22	0.0	6:10	7:50	
18	Tue	9:53	0.4	10:14	0.5	4:20	0.0	4:21	0.0	6:11	7:49	
19	Wed	10:49	0.4	11:07	0.5	5:13	0.0	5:19	0.0	6:12	7:47	
20	Thu	11:40	0.5	11:57	0.5	6:04	0.0	6:14	0.0	6:13	7:46	
21	Fri			12:30	0.5	6:52	-0.1	7:07	0.0	6:14	7:44	
22	Sat	12:46	0.5	1:19	0.5	7:38	-0.1	7:57	0.0	6:15	7:43	
23	Sun	1:34	0.5	2:09	0.5	8:21	0.0	8:45	0.0	6:16	7:41	
24	Mon	2:24	0.4	3:00	0.5	9:04	0.0	9:33	0.0	6:17	7:40	
25	Tue	3:16	0.4	3:51	0.4	9:46	0.0	10:24	0.1	6:18	7:38	
26	Wed	4:10	0.4	4:42	0.4	10:33	0.1	11:21	0.1	6:19	7:37	
27	Thu	5:03	0.3	5:32	0.4	11:26	0.1			6:20	7:35	
28	Fri	5:55	0.3	6:24	0.4	12:25	0.1	12:28	0.1	6:21	7:34	
29	Sat	6:50	0.3	7:18	0.4	1:29	0.1	1:30	0.1	6:22	7:32	
30	Sun	7:50	0.3	8:16	0.4	2:26	0.1	2:27	0.1	6:22	7:31	
31	Mon	8:49	0.3	9:11	0.4	3:15	0.1	3:18	0.1	6:23	7:29	