
































Lanoka Harbor, NJ - Nov 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	9:30	0.4	9:53	0.4	3:40	0.0	4:22	0.0	6:25	4:54	
2	Mon	10:07	0.5	10:34	0.4	4:21	0.0	5:08	0.0	6:27	4:53	
3	Tue	10:46	0.5	11:17	0.4	5:04	0.0	5:55	0.0	6:28	4:52	
4	Wed	11:28	0.5			5:49	0.0	6:42	0.0	6:29	4:51	
5	Thu	12:03	0.4	12:14	0.5	6:34	0.0	7:29	0.0	6:30	4:50	
6	Fri	12:55	0.4	1:07	0.5	7:21	0.0	8:18	0.0	6:31	4:48	
7	Sat	1:55	0.4	2:08	0.4	8:12	0.0	9:13	0.0	6:32	4:47	
8	Sun	2:59	0.4	3:13	0.4	9:11	0.0	10:15	0.0	6:33	4:46	
9	Mon	4:02	0.4	4:16	0.4	10:22	0.1	11:21	0.0	6:34	4:45	
10	Tue	5:02	0.4	5:16	0.4	11:38	0.1			6:36	4:45	
11	Wed	6:01	0.4	6:17	0.4	12:23	0.0	12:47	0.0	6:37	4:44	
12	Thu	7:00	0.4	7:18	0.4	1:19	0.0	1:47	0.0	6:38	4:43	
13	Fri	7:57	0.4	8:16	0.4	2:09	0.0	2:42	0.0	6:39	4:42	
14	Sat	8:48	0.5	9:08	0.4	2:56	0.0	3:32	0.0	6:40	4:41	
15	Sun	9:34	0.5	9:55	0.4	3:41	0.0	4:20	0.0	6:41	4:40	
16	Mon	10:17	0.5	10:39	0.4	4:26	0.0	5:07	0.0	6:42	4:39	
17	Tue	10:58	0.5	11:22	0.4	5:10	0.0	5:53	0.0	6:44	4:39	
18	Wed	11:39	0.4			5:52	0.0	6:35	0.0	6:45	4:38	
19	Thu	12:05	0.4	12:20	0.4	6:33	0.0	7:16	0.0	6:46	4:37	
20	Fri	12:50	0.3	1:03	0.4	7:12	0.1	7:55	0.0	6:47	4:37	
21	Sat	1:38	0.3	1:49	0.4	7:51	0.1	8:35	0.0	6:48	4:36	
22	Sun	2:29	0.3	2:37	0.4	8:31	0.1	9:18	0.1	6:49	4:35	
23	Mon	3:20	0.3	3:27	0.3	9:18	0.1	10:07	0.1	6:50	4:35	
24	Tue	4:08	0.3	4:15	0.3	10:18	0.1	11:01	0.1	6:51	4:34	
25	Wed	4:55	0.3	5:02	0.3	11:28	0.1	11:55	0.1	6:52	4:34	
26	Thu	5:41	0.3	5:52	0.3			12:32	0.1	6:54	4:34	
27	Fri	6:29	0.4	6:47	0.3	12:46	0.1	1:28	0.1	6:55	4:33	
28	Sat	7:20	0.4	7:44	0.3	1:33	0.0	2:19	0.1	6:56	4:33	
29	Sun	8:10	0.4	8:37	0.3	2:18	0.0	3:08	0.0	6:57	4:32	
30	Mon	8:56	0.4	9:26	0.4	3:04	0.0	3:57	0.0	6:58	4:32	