US HARBORS www.USHarbors.com

Lanoka Harbor, NJ - Jan 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	11:03	0.5	11:38	0.4	5:17	-0.1	6:10	-0.1	7:18	4:42	
2	Sat	11:54	0.5			6:11	-0.1	6:58	-0.1	7:18	4:43	
3	Sun	12:32	0.4	12:46	0.5	7:03	-0.1	7:45	-0.1	7:18	4:44	
4	Mon	1:27	0.4	1:41	0.4	7:54	-0.1	8:32	-0.1	7:18	4:45	
5	Tue	2:24	0.4	2:37	0.4	8:48	0.0	9:22	-0.1	7:18	4:45	
6	Wed	3:20	0.4	3:34	0.4	9:47	0.0	10:17	0.0	7:18	4:46	
7	Thu	4:15	0.4	4:29	0.3	10:52	0.0	11:16	0.0	7:18	4:47	
8	Fri	5:09	0.4	5:24	0.3			12:00	0.0	7:17	4:48	
9	Sat	6:04	0.4	6:23	0.3	12:15	0.0	1:04	0.0	7:17	4:49	
10	Sun	7:02	0.4	7:26	0.3	1:13	0.0	2:01	0.0	7:17	4:50	
11	Mon	7:59	0.4	8:25	0.3	2:05	0.0	2:53	0.0	7:17	4:51	
12	Tue	8:51	0.4	9:17	0.3	2:54	0.0	3:40	0.0	7:17	4:52	
13	Wed	9:37	0.4	10:02	0.3	3:41	0.0	4:25	0.0	7:16	4:53	
14	Thu	10:19	0.4	10:43	0.3	4:26	0.0	5:08	0.0	7:16	4:55	
15	Fri	10:58	0.4	11:22	0.3	5:10	0.0	5:49	0.0	7:16	4:56	
16	Sat	11:35	0.4			5:51	0.0	6:26	0.0	7:15	4:57	
17	Sun	12:01	0.3	12:12	0.4	6:31	0.0	7:01	0.0	7:15	4:58	
18	Mon	12:38	0.3	12:47	0.4	7:07	0.0	7:33	0.0	7:14	4:59	
19	Tue	1:15	0.3	1:22	0.3	7:42	0.0	8:04	0.0	7:14	5:00	
20	Wed	1:51	0.3	1:59	0.3	8:17	0.0	8:34	0.0	7:13	5:01	
21	Thu	2:29	0.3	2:41	0.3	8:55	0.0	9:07	0.0	7:13	5:02	
22	Fri	3:11	0.3	3:28	0.3	9:44	0.1	9:49	0.0	7:12	5:04	
23	Sat	3:57	0.3	4:21	0.3	10:52	0.1	10:47	0.0	7:11	5:05	
24	Sun	4:48	0.3	5:19	0.3			12:09	0.1	7:11	5:06	
25	Mon	5:48	0.4	6:27	0.3			1:18	0.0	7:10	5:07	
26	Tue	6:56	0.4	7:39	0.3	1:08	0.0	2:18	0.0	7:09	5:08	
27	Wed	8:04	0.4	8:43	0.3	2:11	0.0	3:14	0.0	7:08	5:09	
28	Thu	9:04	0.4	9:39	0.4	3:10	0.0	4:07	-0.1	7:08	5:11	
29	Fri	9:58	0.5	10:31	0.4	4:07	-0.1	4:59	-0.1	7:07	5:12	
30	Sat	10:49	0.5	11:22	0.4	5:03	-0.1	5:48	-0.1	7:06	5:13	
31	Sun	11:39	0.5			5:57	-0.1	6:36	-0.1	7:05	5:14	