US HARBORS www.USHarbors.com

Lanoka Harbor, NJ - Mar 2010

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