US HARBORS www.USHarbors.com

Lanoka Harbor, NJ - Jul 2010

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