US HARBORS www.USHarbors.com

Lanoka Harbor, NJ - Aug 2010

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