
































Lanoka Harbor, NJ - Mar 2016

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