

































Lanoka Harbor, NJ - Jan 2019

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