

































Lanoka Harbor, NJ - Mar 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	6:14	0.3	6:53	0.3	12:25	0.1	1:32	0.1	6:29	5:48	
2	Thu	7:17	0.3	7:55	0.3	1:25	0.1	2:24	0.0	6:28	5:49	
3	Fri	8:16	0.3	8:49	0.3	2:18	0.1	3:11	0.0	6:26	5:50	
4	Sat	9:05	0.3	9:34	0.3	3:07	0.0	3:53	0.0	6:25	5:51	
5	Sun	9:47	0.4	10:14	0.3	3:52	0.0	4:34	0.0	6:23	5:52	
6	Mon	10:24	0.4	10:51	0.4	4:36	0.0	5:12	0.0	6:22	5:53	
7	Tue	10:59	0.4	11:25	0.4	5:18	0.0	5:49	0.0	6:20	5:54	
8	Wed	11:32	0.4	11:57	0.4	5:58	0.0	6:23	0.0	6:19	5:55	
9	Thu			12:04	0.4	6:36	0.0	6:54	0.0	6:17	5:56	
10	Fri	12:29	0.4	12:37	0.4	7:13	0.0	7:23	0.0	6:15	5:57	
11	Sat	1:03	0.4	1:14	0.3	7:49	0.0	7:53	0.0	6:14	5:58	
12	Sun	1:41	0.4	2:59	0.3	9:29	0.0	9:26	0.0	7:12	7:00	
13	Mon	3:29	0.4	3:54	0.3	10:18	0.0	10:09	0.0	7:11	7:01	
14	Tue	4:26	0.4	4:56	0.3	11:23	0.0	11:13	0.0	7:09	7:02	
15	Wed	5:28	0.4	6:02	0.3			12:43	0.0	7:07	7:03	
16	Thu	6:35	0.4	7:14	0.3	12:42	0.0	1:57	0.0	7:06	7:04	
17	Fri	7:48	0.4	8:28	0.3	2:03	0.0	3:00	0.0	7:04	7:05	
18	Sat	8:59	0.4	9:34	0.4	3:10	0.0	3:56	0.0	7:03	7:06	
19	Sun	9:59	0.4	10:29	0.4	4:10	0.0	4:48	-0.1	7:01	7:07	
20	Mon	10:52	0.4	11:19	0.4	5:06	0.0	5:37	-0.1	6:59	7:08	
21	Tue	11:40	0.5			5:59	-0.1	6:24	-0.1	6:58	7:09	
22	Wed	12:05	0.4	12:27	0.4	6:50	-0.1	7:09	-0.1	6:56	7:10	
23	Thu	12:51	0.5	1:13	0.4	7:38	-0.1	7:51	-0.1	6:55	7:11	
24	Fri	1:36	0.4	2:01	0.4	8:23	-0.1	8:31	0.0	6:53	7:12	
25	Sat	2:21	0.4	2:50	0.4	9:08	0.0	9:10	0.0	6:51	7:13	
26	Sun	3:08	0.4	3:41	0.3	9:54	0.0	9:51	0.0	6:50	7:14	
27	Mon	3:57	0.4	4:35	0.3	10:45	0.0	10:37	0.1	6:48	7:15	
28	Tue	4:48	0.4	5:28	0.3	11:45	0.1	11:36	0.1	6:46	7:16	
29	Wed	5:40	0.3	6:22	0.3			12:52	0.1	6:45	7:17	
30	Thu	6:35	0.3	7:20	0.3	12:46	0.1	1:55	0.1	6:43	7:18	
31	Fri	7:36	0.3	8:21	0.3	1:53	0.1	2:48	0.1	6:42	7:19	