
























Lanoka Harbor, NJ - Mar 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	2:17	0.3	2:29	0.3	8:54	0.0	8:46	0.0	6:28	5:49	
2	Sat	2:59	0.3	3:19	0.3	9:42	0.1	9:26	0.0	6:27	5:50	
3	Sun	3:49	0.3	4:16	0.3	10:51	0.1	10:30	0.1	6:25	5:51	
4	Mon	4:47	0.3	5:20	0.3			12:11	0.1	6:24	5:52	
5	Tue	5:54	0.4	6:33	0.3	12:01	0.1	1:20	0.0	6:22	5:53	
6	Wed	7:07	0.4	7:46	0.3	1:19	0.0	2:20	0.0	6:20	5:54	
7	Thu	8:15	0.4	8:48	0.3	2:24	0.0	3:13	0.0	6:19	5:55	
8	Fri	9:13	0.4	9:41	0.4	3:22	0.0	4:04	-0.1	6:17	5:56	
9	Sat	10:04	0.5	10:30	0.4	4:18	-0.1	4:53	-0.1	6:16	5:57	
10	Sun	11:53	0.5			6:12	-0.1	6:40	-0.1	7:14	6:58	
11	Mon	12:18	0.4	12:41	0.5	7:04	-0.1	7:26	-0.1	7:13	6:59	
12	Tue	1:06	0.5	1:31	0.4	7:55	-0.1	8:10	-0.1	7:11	7:00	
13	Wed	1:56	0.5	2:22	0.4	8:43	-0.1	8:54	-0.1	7:09	7:01	
14	Thu	2:47	0.4	3:16	0.4	9:33	0.0	9:39	0.0	7:08	7:02	
15	Fri	3:41	0.4	4:13	0.3	10:28	0.0	10:29	0.0	7:06	7:03	
16	Sat	4:36	0.4	5:11	0.3	11:31	0.0	11:29	0.0	7:05	7:04	
17	Sun	5:32	0.4	6:09	0.3			12:41	0.0	7:03	7:05	
18	Mon	6:30	0.3	7:10	0.3	12:39	0.1	1:48	0.1	7:01	7:07	
19	Tue	7:33	0.3	8:14	0.3	1:47	0.1	2:47	0.0	7:00	7:08	
20	Wed	8:37	0.3	9:13	0.3	2:47	0.1	3:36	0.0	6:58	7:09	
21	Thu	9:32	0.3	10:02	0.3	3:38	0.0	4:19	0.0	6:57	7:10	
22	Fri	10:18	0.4	10:43	0.4	4:24	0.0	4:59	0.0	6:55	7:11	
23	Sat	10:57	0.4	11:20	0.4	5:08	0.0	5:37	0.0	6:53	7:12	
24	Sun	11:33	0.4	11:55	0.4	5:50	0.0	6:13	0.0	6:52	7:13	
25	Mon			12:07	0.4	6:31	0.0	6:48	0.0	6:50	7:14	
26	Tue	12:28	0.4	12:40	0.4	7:09	0.0	7:20	0.0	6:48	7:15	
27	Wed	12:59	0.4	1:12	0.3	7:46	0.0	7:50	0.0	6:47	7:16	
28	Thu	1:29	0.4	1:44	0.3	8:21	0.0	8:19	0.0	6:45	7:17	
29	Fri	2:00	0.4	2:20	0.3	8:56	0.0	8:46	0.0	6:44	7:18	
30	Sat	2:36	0.4	3:04	0.3	9:33	0.0	9:18	0.0	6:42	7:19	
31	Sun	3:22	0.4	3:58	0.3	10:20	0.0	10:01	0.1	6:40	7:20	