

































Lanoka Harbor, NJ - May 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	2:19	0.5	3:02	0.4	9:19	0.0	9:18	0.0	5:56	7:51	
2	Fri	3:18	0.4	4:04	0.4	10:14	0.0	10:14	0.0	5:54	7:52	
3	Sat	4:19	0.4	5:04	0.4	11:16	0.0	11:19	0.1	5:53	7:53	
4	Sun	5:17	0.4	6:01	0.4			12:20	0.0	5:52	7:54	
5	Mon	6:13	0.4	6:56	0.4	12:30	0.1	1:21	0.0	5:51	7:55	
6	Tue	7:08	0.4	7:51	0.4	1:36	0.1	2:13	0.0	5:50	7:56	
7	Wed	8:05	0.3	8:44	0.4	2:33	0.1	2:59	0.0	5:49	7:57	
8	Thu	8:59	0.3	9:30	0.4	3:23	0.1	3:39	0.0	5:48	7:58	
9	Fri	9:46	0.4	10:12	0.4	4:08	0.0	4:17	0.0	5:46	7:59	
10	Sat	10:29	0.4	10:49	0.4	4:51	0.0	4:55	0.0	5:45	8:00	
11	Sun	11:08	0.4	11:25	0.4	5:33	0.0	5:33	0.0	5:44	8:01	
12	Mon	11:46	0.4	11:59	0.4	6:15	0.0	6:11	0.0	5:43	8:02	
13	Tue			12:24	0.3	6:56	0.0	6:49	0.1	5:42	8:03	
14	Wed	12:32	0.4	1:01	0.3	7:35	0.0	7:26	0.1	5:41	8:03	
15	Thu	1:05	0.4	1:39	0.3	8:13	0.0	8:01	0.1	5:41	8:04	
16	Fri	1:40	0.4	2:21	0.3	8:51	0.0	8:35	0.1	5:40	8:05	
17	Sat	2:21	0.4	3:09	0.3	9:30	0.0	9:13	0.1	5:39	8:06	
18	Sun	3:11	0.4	4:03	0.3	10:14	0.1	10:01	0.1	5:38	8:07	
19	Mon	4:07	0.4	4:57	0.3	11:07	0.1	11:08	0.1	5:37	8:08	
20	Tue	5:05	0.4	5:50	0.4			12:07	0.0	5:36	8:09	
21	Wed	6:03	0.4	6:46	0.4	12:29	0.1	1:07	0.0	5:36	8:10	
22	Thu	7:04	0.4	7:45	0.4	1:41	0.1	2:03	0.0	5:35	8:11	
23	Fri	8:08	0.4	8:45	0.4	2:45	0.0	2:56	0.0	5:34	8:12	
24	Sat	9:12	0.4	9:41	0.5	3:43	0.0	3:48	0.0	5:34	8:12	
25	Sun	10:10	0.4	10:34	0.5	4:39	0.0	4:39	0.0	5:33	8:13	
26	Mon	11:04	0.4	11:25	0.5	5:35	0.0	5:32	0.0	5:32	8:14	
27	Tue	11:58	0.4			6:30	0.0	6:27	0.0	5:32	8:15	
28	Wed	12:15	0.5	12:52	0.4	7:23	0.0	7:20	0.0	5:31	8:16	
29	Thu	1:08	0.5	1:48	0.4	8:14	0.0	8:11	0.0	5:31	8:16	
30	Fri	2:02	0.5	2:47	0.4	9:03	0.0	9:02	0.0	5:30	8:17	
31	Sat	2:58	0.4	3:46	0.4	9:54	0.0	9:55	0.1	5:30	8:18	