

































Lanoka Harbor, NJ - Jul 2025

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