

































## Lanoka Harbor, NJ - Jan 2026

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