

































Lanoka Harbor, NJ - Mar 2026

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