

































## Lanoka Harbor, NJ - May 2026

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