

































Lanoka Harbor, NJ - Jul 2026

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