

































Lanoka Harbor, NJ - Jan 2030

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