

































Lanoka Harbor, NJ - Mar 2030

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