
































Lanoka Harbor, NJ - Nov 2023

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