


































## Lanoka Harbor, NJ - Jan 2023

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