

































Lanoka Harbor, NJ - May 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	4:15	0.4	5:06	0.3	11:19	0.1	11:07	0.1	5:56	7:50	
2	Sat	5:13	0.4	6:00	0.3			12:25	0.1	5:55	7:51	
3	Sun	6:12	0.4	6:56	0.3	12:33	0.1	1:26	0.1	5:54	7:52	
4	Mon	7:14	0.4	7:56	0.4	1:47	0.1	2:21	0.0	5:52	7:53	
5	Tue	8:19	0.4	8:55	0.4	2:50	0.0	3:11	0.0	5:51	7:54	
6	Wed	9:20	0.4	9:48	0.5	3:46	0.0	3:59	0.0	5:50	7:55	
7	Thu	10:15	0.4	10:38	0.5	4:41	0.0	4:48	0.0	5:49	7:56	
8	Fri	11:06	0.4	11:27	0.5	5:35	0.0	5:38	0.0	5:48	7:57	
9	Sat	11:58	0.4			6:29	-0.1	6:30	0.0	5:47	7:58	
10	Sun	12:16	0.5	12:51	0.4	7:22	-0.1	7:21	0.0	5:46	7:59	
11	Mon	1:07	0.5	1:47	0.4	8:14	0.0	8:12	0.0	5:45	8:00	
12	Tue	2:02	0.5	2:46	0.4	9:05	0.0	9:04	0.0	5:44	8:01	
13	Wed	3:01	0.4	3:48	0.4	9:59	0.0	9:59	0.0	5:43	8:02	
14	Thu	4:02	0.4	4:49	0.4	10:58	0.0	11:02	0.1	5:42	8:03	
15	Fri	5:01	0.4	5:45	0.4			12:01	0.0	5:41	8:04	
16	Sat	5:56	0.4	6:40	0.4	12:12	0.1	1:01	0.0	5:40	8:05	
17	Sun	6:51	0.4	7:33	0.4	1:19	0.1	1:55	0.0	5:39	8:06	
18	Mon	7:46	0.4	8:26	0.4	2:18	0.1	2:41	0.0	5:38	8:07	
19	Tue	8:41	0.3	9:14	0.4	3:09	0.1	3:23	0.0	5:38	8:08	
20	Wed	9:31	0.3	9:57	0.4	3:55	0.1	4:02	0.0	5:37	8:09	
21	Thu	10:15	0.3	10:36	0.4	4:38	0.0	4:40	0.0	5:36	8:10	
22	Fri	10:57	0.4	11:13	0.4	5:21	0.0	5:19	0.0	5:35	8:10	
23	Sat	11:36	0.3	11:48	0.4	6:04	0.0	5:58	0.0	5:35	8:11	
24	Sun			12:14	0.3	6:46	0.0	6:38	0.1	5:34	8:12	
25	Mon	12:23	0.4	12:53	0.3	7:26	0.0	7:16	0.1	5:33	8:13	
26	Tue	12:57	0.4	1:32	0.3	8:05	0.0	7:52	0.1	5:33	8:14	
27	Wed	1:32	0.4	2:14	0.3	8:42	0.0	8:28	0.1	5:32	8:15	
28	Thu	2:12	0.4	3:00	0.3	9:20	0.0	9:05	0.1	5:32	8:15	
29	Fri	2:58	0.4	3:51	0.3	10:01	0.0	9:50	0.1	5:31	8:16	
30	Sat	3:52	0.4	4:42	0.3	10:49	0.1	10:49	0.1	5:31	8:17	
31	Sun	4:47	0.4	5:33	0.4	11:45	0.0			5:30	8:18	