

































Lanoka Harbor, NJ - Mar 2024

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