US HARBORS www.USHarbors.com

Lanoka Harbor, NJ - Jan 2045

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