US HARBORS www.USHarbors.com

Lanoka Harbor, NJ - Mar 2045

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