US HARBORS www.USHarbors.com

Lanoka Harbor, NJ - Jul 2045

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