

































## Lanoka Harbor, NJ - Jul 2054

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