US HARBORS www.USHarbors.com

Lanoka Harbor, NJ - Jul 2056

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	2:40	0.4	3:20	0.4	9:27	0.0	9:38	0.1	5:32	8:29	
2	Sun	3:32	0.4	4:12	0.4	10:12	0.0	10:29	0.1	5:33	8:28	
3	Mon	4:23	0.4	5:01	0.4	10:59	0.0	11:26	0.1	5:33	8:28	
4	Tue	5:11	0.4	5:47	0.4	11:49	0.1			5:34	8:28	
5	Wed	5:58	0.4	6:33	0.4	12:27	0.1	12:40	0.1	5:34	8:28	
6	Thu	6:47	0.3	7:21	0.4	1:26	0.1	1:29	0.1	5:35	8:27	
7	Fri	7:40	0.3	8:11	0.4	2:21	0.1	2:17	0.1	5:36	8:27	
8	Sat	8:36	0.3	9:01	0.4	3:10	0.1	3:03	0.1	5:36	8:27	
9	Sun	9:29	0.3	9:47	0.4	3:57	0.1	3:48	0.1	5:37	8:26	
10	Mon	10:17	0.3	10:29	0.4	4:43	0.0	4:32	0.1	5:38	8:26	
11	Tue	11:01	0.4	11:09	0.4	5:28	0.0	5:17	0.0	5:38	8:26	
12	Wed	11:43	0.4	11:46	0.4	6:13	0.0	6:03	0.0	5:39	8:25	
13	Thu			12:24	0.4	6:57	0.0	6:48	0.0	5:40	8:25	
14	Fri	12:25	0.5	1:06	0.4	7:38	0.0	7:32	0.0	5:40	8:24	
15	Sat	1:05	0.5	1:50	0.4	8:18	0.0	8:15	0.0	5:41	8:23	
16	Sun	1:49	0.4	2:38	0.4	8:57	0.0	9:00	0.0	5:42	8:23	
17	Mon	2:39	0.4	3:30	0.4	9:39	0.0	9:49	0.0	5:43	8:22	
18	Tue	3:33	0.4	4:24	0.4	10:25	0.0	10:48	0.1	5:44	8:21	
19	Wed	4:30	0.4	5:17	0.4	11:19	0.0	11:56	0.1	5:44	8:21	
20	Thu	5:27	0.4	6:12	0.4			12:19	0.0	5:45	8:20	
21	Fri	6:26	0.4	7:10	0.4	1:07	0.1	1:22	0.0	5:46	8:19	
22	Sat	7:30	0.4	8:13	0.5	2:13	0.0	2:22	0.0	5:47	8:18	
23	Sun	8:38	0.4	9:14	0.5	3:14	0.0	3:20	0.0	5:48	8:18	
24	Mon	9:42	0.4	10:11	0.5	4:10	0.0	4:16	0.0	5:49	8:17	
25	Tue	10:39	0.4	11:02	0.5	5:04	0.0	5:10	0.0	5:50	8:16	
26	Wed	11:31	0.4	11:51	0.5	5:57	0.0	6:03	0.0	5:50	8:15	
27	Thu			12:20	0.4	6:47	0.0	6:54	0.0	5:51	8:14	
28	Fri	12:38	0.5	1:09	0.4	7:33	0.0	7:42	0.0	5:52	8:13	
29	Sat	1:25	0.5	1:57	0.4	8:15	0.0	8:26	0.0	5:53	8:12	
30	Sun	2:11	0.4	2:45	0.4	8:55	0.0	9:09	0.1	5:54	8:11	
31	Mon	2:58	0.4	3:33	0.4	9:34	0.0	9:54	0.1	5:55	8:10	