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# Lanoka Harbor, NJ - Mar 2057

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Thu | 7:28 | 0.4 | 8:02 | 0.3 | 1:40 | 0.0 | 2:29 | 0.0 | 6:28 | 5:48 | |
| 2 | Fri | 8:32 | 0.4 | 9:02 | 0.4 | 2:40 | 0.0 | 3:23 | 0.0 | 6:27 | 5:50 | |
| 3 | Sat | 9:27 | 0.4 | 9:54 | 0.4 | 3:36 | 0.0 | 4:14 | -0.1 | 6:25 | 5:51 | |
| 4 | Sun | 10:15 | 0.4 | 10:41 | 0.4 | 4:28 | 0.0 | 5:02 | -0.1 | 6:23 | 5:52 | |
| 5 | Mon | 11:00 | 0.4 | 11:24 | 0.4 | 5:18 | 0.0 | 5:46 | -0.1 | 6:22 | 5:53 | |
| 6 | Tue | 11:43 | 0.4 | | | 6:04 | 0.0 | 6:27 | -0.1 | 6:20 | 5:54 | |
| 7 | Wed | 12:06 | 0.4 | 12:25 | 0.4 | 6:47 | 0.0 | 7:04 | 0.0 | 6:19 | 5:55 | |
| 8 | Thu | 12:48 | 0.4 | 1:08 | 0.4 | 7:27 | 0.0 | 7:40 | 0.0 | 6:17 | 5:56 | |
| 9 | Fri | 1:29 | 0.4 | 1:51 | 0.4 | 8:06 | 0.0 | 8:14 | 0.0 | 6:16 | 5:57 | |
| 10 | Sat | 2:11 | 0.4 | 2:37 | 0.3 | 8:46 | 0.0 | 8:48 | 0.0 | 6:14 | 5:58 | |
| 11 | Sun | 3:54 | 0.3 | 4:24 | 0.3 | 10:30 | 0.0 | 10:27 | 0.0 | 7:13 | 6:59 | |
| 12 | Mon | 4:38 | 0.3 | 5:13 | 0.3 | 11:25 | 0.1 | 11:16 | 0.1 | 7:11 | 7:00 | |
| 13 | Tue | 5:25 | 0.3 | 6:04 | 0.3 | | | 12:30 | 0.1 | 7:09 | 7:01 | |
| 14 | Wed | 6:15 | 0.3 | 7:00 | 0.3 | 12:22 | 0.1 | 1:36 | 0.1 | 7:08 | 7:02 | |
| 15 | Thu | 7:12 | 0.3 | 8:01 | 0.3 | 1:30 | 0.1 | 2:34 | 0.1 | 7:06 | 7:03 | |
| 16 | Fri | 8:15 | 0.3 | 9:00 | 0.3 | 2:30 | 0.1 | 3:24 | 0.0 | 7:05 | 7:04 | |
| 17 | Sat | 9:13 | 0.4 | 9:51 | 0.3 | 3:24 | 0.0 | 4:11 | 0.0 | 7:03 | 7:05 | |
| 18 | Sun | 10:02 | 0.4 | 10:35 | 0.4 | 4:13 | 0.0 | 4:55 | 0.0 | 7:01 | 7:07 | |
| 19 | Mon | 10:46 | 0.4 | 11:15 | 0.4 | 5:01 | 0.0 | 5:38 | 0.0 | 7:00 | 7:08 | |
| 20 | Tue | 11:27 | 0.4 | 11:55 | 0.4 | 5:49 | 0.0 | 6:20 | 0.0 | 6:58 | 7:09 | |
| 21 | Wed | | | 12:09 | 0.4 | 6:36 | 0.0 | 7:02 | -0.1 | 6:57 | 7:10 | |
| 22 | Thu | 12:36 | 0.4 | 12:52 | 0.4 | 7:22 | -0.1 | 7:43 | -0.1 | 6:55 | 7:11 | |
| 23 | Fri | 1:19 | 0.4 | 1:39 | 0.4 | 8:08 | -0.1 | 8:24 | -0.1 | 6:53 | 7:12 | |
| 24 | Sat | 2:07 | 0.4 | 2:30 | 0.4 | 8:55 | 0.0 | 9:07 | 0.0 | 6:52 | 7:13 | |
| 25 | Sun | 3:00 | 0.4 | 3:27 | 0.4 | 9:46 | 0.0 | 9:55 | 0.0 | 6:50 | 7:14 | |
| 26 | Mon | 3:58 | 0.4 | 4:29 | 0.3 | 10:45 | 0.0 | 10:54 | 0.0 | 6:48 | 7:15 | |
| 27 | Tue | 4:58 | 0.4 | 5:31 | 0.3 | 11:54 | 0.0 | | | 6:47 | 7:16 | |
| 28 | Wed | 6:00 | 0.4 | 6:35 | 0.3 | 12:07 | 0.0 | 1:06 | 0.0 | 6:45 | 7:17 | |
| 29 | Thu | 7:04 | 0.4 | 7:42 | 0.3 | 1:22 | 0.0 | 2:12 | 0.0 | 6:44 | 7:18 | |
| 30 | Fri | 8:11 | 0.4 | 8:48 | 0.4 | 2:29 | 0.0 | 3:11 | 0.0 | 6:42 | 7:19 | |
| 31 | Sat | 9:14 | 0.4 | 9:46 | 0.4 | 3:29 | 0.0 | 4:02 | 0.0 | 6:40 | 7:20 | |