
































## Lanoka Harbor, NJ - Aug 2059

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	5:48	0.4	6:23	0.4	12:20	0.1	12:28	0.0	5:55	8:10	
2	Sat	6:45	0.4	7:19	0.4	1:27	0.1	1:27	0.0	5:56	8:09	
3	Sun	7:46	0.3	8:18	0.4	2:29	0.1	2:24	0.0	5:57	8:08	
4	Mon	8:49	0.3	9:16	0.4	3:25	0.0	3:17	0.1	5:58	8:07	
5	Tue	9:47	0.4	10:07	0.4	4:16	0.0	4:07	0.1	5:59	8:05	
6	Wed	10:37	0.4	10:52	0.4	5:04	0.0	4:55	0.1	6:00	8:04	
7	Thu	11:22	0.4	11:34	0.4	5:49	0.0	5:42	0.1	6:01	8:03	
8	Fri			12:04	0.4	6:32	0.0	6:27	0.0	6:02	8:02	
9	Sat	12:13	0.4	12:45	0.4	7:11	0.0	7:09	0.1	6:03	8:01	
10	Sun	12:50	0.4	1:25	0.4	7:47	0.0	7:48	0.1	6:04	7:59	
11	Mon	1:27	0.4	2:05	0.4	8:21	0.0	8:26	0.1	6:05	7:58	
12	Tue	2:03	0.4	2:45	0.4	8:52	0.0	9:02	0.1	6:06	7:57	
13	Wed	2:40	0.4	3:25	0.4	9:22	0.1	9:40	0.1	6:06	7:56	
14	Thu	3:19	0.4	4:05	0.4	9:52	0.1	10:24	0.1	6:07	7:54	
15	Fri	4:03	0.3	4:46	0.4	10:26	0.1	11:20	0.1	6:08	7:53	
16	Sat	4:50	0.3	5:30	0.4	11:12	0.1			6:09	7:52	
17	Sun	5:43	0.3	6:20	0.4	12:29	0.1	12:16	0.1	6:10	7:50	
18	Mon	6:42	0.3	7:19	0.4	1:38	0.1	1:27	0.1	6:11	7:49	
19	Tue	7:51	0.3	8:25	0.4	2:40	0.1	2:33	0.1	6:12	7:47	
20	Wed	9:00	0.3	9:27	0.5	3:36	0.0	3:33	0.1	6:13	7:46	
21	Thu	10:00	0.4	10:23	0.5	4:29	0.0	4:30	0.0	6:14	7:45	
22	Fri	10:53	0.4	11:14	0.5	5:20	0.0	5:26	0.0	6:15	7:43	
23	Sat	11:43	0.4			6:11	0.0	6:21	0.0	6:16	7:42	
24	Sun	12:04	0.5	12:34	0.5	6:59	-0.1	7:15	0.0	6:17	7:40	
25	Mon	12:54	0.5	1:25	0.5	7:46	-0.1	8:07	0.0	6:18	7:39	
26	Tue	1:46	0.5	2:18	0.5	8:31	-0.1	8:58	0.0	6:19	7:37	
27	Wed	2:39	0.5	3:12	0.5	9:16	0.0	9:51	0.0	6:20	7:36	
28	Thu	3:35	0.4	4:08	0.5	10:04	0.0	10:50	0.0	6:21	7:34	
29	Fri	4:33	0.4	5:03	0.4	10:57	0.0	11:56	0.1	6:22	7:33	
30	Sat	5:29	0.4	5:58	0.4	11:58	0.1			6:22	7:31	
31	Sun	6:26	0.4	6:54	0.4	1:05	0.1	1:02	0.1	6:23	7:29	