




























Rockland Key, Rockland Channel Bridge, FL - Mar 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	6:18	0.7	5:55	1.0	12:55	-0.2	12:16	0.2	6:48	6:29	
2	Sat	7:13	0.5	6:33	1.0	1:50	-0.2	12:40	0.3	6:47	6:29	
3	Sun	8:40	0.4	7:26	1.0	2:57	-0.2	1:09	0.3	6:46	6:30	
4	Mon	10:51	0.4	8:44	1.0	4:15	-0.2	2:03	0.4	6:45	6:30	
5	Tue			12:11	0.4	5:33	-0.2	3:53	0.4	6:44	6:31	
6	Wed			12:50	0.5	6:40	-0.3	5:30	0.4	6:43	6:31	
7	Thu			1:22	0.6	7:33	-0.3	6:44	0.2	6:42	6:32	
8	Fri	12:38	1.3	1:53	0.7	8:17	-0.3	7:45	0.1	6:41	6:32	
9	Sat	1:35	1.4	2:25	0.9	8:56	-0.3	8:41	-0.1	6:40	6:33	
10	Sun	3:29	1.4	3:57	1.1	10:32	-0.2	10:33	-0.3	7:39	7:33	
11	Mon	4:21	1.4	4:30	1.2	11:07	-0.1	11:25	-0.4	7:38	7:34	
12	Tue	5:12	1.2	5:05	1.3	11:42	0.0			7:37	7:34	
13	Wed	6:02	1.1	5:42	1.3	12:18	-0.5	12:16	0.1	7:36	7:35	
14	Thu	6:54	0.9	6:22	1.3	1:13	-0.5	12:51	0.2	7:35	7:35	
15	Fri	7:51	0.7	7:06	1.3	2:13	-0.4	1:28	0.2	7:34	7:35	
16	Sat	9:04	0.5	8:00	1.2	3:20	-0.3	2:10	0.3	7:33	7:36	
17	Sun	10:56	0.4	9:12	1.1	4:36	-0.2	3:09	0.4	7:32	7:36	
18	Mon			12:39	0.5	5:57	-0.1	4:39	0.4	7:31	7:37	
19	Tue			1:30	0.5	7:13	-0.1	6:10	0.4	7:30	7:37	
20	Wed	12:09	1.0	2:02	0.6	8:10	-0.1	7:24	0.4	7:29	7:38	
21	Thu	1:12	1.1	2:27	0.7	8:50	0.0	8:22	0.3	7:28	7:38	
22	Fri	2:00	1.1	2:49	0.9	9:21	0.0	9:08	0.2	7:27	7:38	
23	Sat	2:41	1.1	3:10	1.0	9:49	0.0	9:47	0.1	7:26	7:39	
24	Sun	3:18	1.1	3:31	1.1	10:15	0.1	10:23	0.0	7:25	7:39	
25	Mon	3:54	1.1	3:55	1.1	10:39	0.1	10:58	-0.1	7:24	7:40	
26	Tue	4:29	1.1	4:20	1.2	11:02	0.2	11:32	-0.2	7:23	7:40	
27	Wed	5:05	1.0	4:46	1.2	11:24	0.2			7:22	7:41	
28	Thu	5:44	0.9	5:13	1.2	12:08	-0.2	11:46 AM	0.3	7:21	7:41	
29	Fri	6:25	0.8	5:43	1.2	12:47	-0.3	12:08	0.3	7:20	7:41	
30	Sat	7:12	0.6	6:17	1.2	1:32	-0.3	12:32	0.4	7:19	7:42	
31	Sun	8:12	0.5	6:59	1.2	2:26	-0.2	1:00	0.4	7:18	7:42	