

Rockland Key, Rockland Channel Bridge, FL - Mar 2024

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|-------|-----|-------|------|----------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Tue | 3:39 | 1.2 | 3:51 | 1.1 | 10:26 | -0.1 | 10:41 | -0.3 | 6:48 | 6:29 | ☀ |
| 2 | Wed | 4:22 | 1.1 | 4:20 | 1.1 | 10:55 | 0.0 | 11:28 | -0.3 | 6:47 | 6:29 | ☀ |
| 3 | Thu | 5:08 | 0.9 | 4:52 | 1.2 | 11:24 | 0.1 | | | 6:46 | 6:30 | ☀ |
| 4 | Fri | 5:58 | 0.8 | 5:27 | 1.2 | 12:20 | -0.4 | 11:55 AM | 0.1 | 6:45 | 6:30 | ☀ |
| 5 | Sat | 6:57 | 0.6 | 6:11 | 1.2 | 1:19 | -0.4 | 12:29 | 0.2 | 6:44 | 6:31 | ☀ |
| 6 | Sun | 8:18 | 0.4 | 7:08 | 1.2 | 2:29 | -0.3 | 1:09 | 0.3 | 6:43 | 6:31 | ☀ |
| 7 | Mon | 10:12 | 0.4 | 8:29 | 1.1 | 3:49 | -0.3 | 2:11 | 0.3 | 6:42 | 6:32 | ☀ |
| 8 | Tue | 11:43 | 0.4 | 10:06 | 1.1 | 5:13 | -0.3 | 3:46 | 0.4 | 6:41 | 6:32 | ☀ |
| 9 | Wed | | | 12:33 | 0.5 | 6:28 | -0.3 | 5:20 | 0.3 | 6:40 | 6:33 | ☀ |
| 10 | Thu | | | 1:10 | 0.6 | 7:25 | -0.3 | 6:37 | 0.2 | 6:39 | 6:33 | ☀ |
| 11 | Fri | 12:36 | 1.3 | 1:42 | 0.8 | 8:09 | -0.2 | 7:40 | 0.1 | 6:38 | 6:34 | ☀ |
| 12 | Sat | 1:31 | 1.3 | 2:13 | 0.9 | 8:45 | -0.2 | 8:33 | -0.1 | 6:37 | 6:34 | ☀ |
| 13 | Sun | 3:21 | 1.3 | 3:43 | 1.0 | 10:18 | -0.1 | 10:22 | -0.2 | 7:36 | 7:35 | ☀ |
| 14 | Mon | 4:06 | 1.2 | 4:12 | 1.2 | 10:49 | 0.0 | 11:07 | -0.3 | 7:35 | 7:35 | ☀ |
| 15 | Tue | 4:48 | 1.1 | 4:40 | 1.2 | 11:19 | 0.0 | 11:50 | -0.3 | 7:34 | 7:35 | ☀ |
| 16 | Wed | 5:27 | 1.0 | 5:09 | 1.2 | 11:49 | 0.1 | | | 7:33 | 7:36 | ☀ |
| 17 | Thu | 6:05 | 0.9 | 5:39 | 1.2 | 12:34 | -0.3 | 12:18 | 0.2 | 7:32 | 7:36 | ☀ |
| 18 | Fri | 6:44 | 0.7 | 6:12 | 1.2 | 1:19 | -0.3 | 12:45 | 0.2 | 7:31 | 7:37 | ☀ |
| 19 | Sat | 7:27 | 0.6 | 6:48 | 1.1 | 2:09 | -0.2 | 1:08 | 0.3 | 7:30 | 7:37 | ☀ |
| 20 | Sun | 8:23 | 0.5 | 7:32 | 1.0 | 3:06 | -0.1 | 1:27 | 0.4 | 7:29 | 7:38 | ☀ |
| 21 | Mon | 10:02 | 0.4 | 8:30 | 1.0 | 4:14 | 0.0 | 1:33 | 0.5 | 7:28 | 7:38 | ☀ |
| 22 | Tue | | | 9:50 | 1.0 | 5:29 | 0.0 | | | 7:27 | 7:39 | ☀ |
| 23 | Wed | | | 1:21 | 0.5 | 6:40 | 0.0 | 5:36 | 0.5 | 7:26 | 7:39 | ☀ |
| 24 | Thu | | | 1:34 | 0.6 | 7:36 | 0.0 | 6:54 | 0.5 | 7:25 | 7:39 | ☀ |
| 25 | Fri | 12:25 | 1.1 | 1:53 | 0.7 | 8:17 | 0.0 | 7:51 | 0.4 | 7:24 | 7:40 | ☀ |
| 26 | Sat | 1:21 | 1.1 | 2:16 | 0.9 | 8:50 | 0.0 | 8:38 | 0.2 | 7:23 | 7:40 | ☀ |
| 27 | Sun | 2:11 | 1.2 | 2:41 | 1.0 | 9:19 | 0.0 | 9:21 | 0.0 | 7:22 | 7:41 | ☀ |
| 28 | Mon | 2:58 | 1.2 | 3:08 | 1.1 | 9:47 | 0.1 | 10:03 | -0.1 | 7:21 | 7:41 | ☀ |
| 29 | Tue | 3:43 | 1.2 | 3:37 | 1.2 | 10:15 | 0.1 | 10:45 | -0.3 | 7:20 | 7:41 | ☀ |
| 30 | Wed | 4:29 | 1.1 | 4:08 | 1.3 | 10:45 | 0.1 | 11:30 | -0.4 | 7:19 | 7:42 | ☀ |
| 31 | Thu | 5:17 | 1.0 | 4:42 | 1.4 | 11:15 | 0.2 | | | 7:18 | 7:42 | ☀ |