

































Atlantic Highlands, NJ - Mar 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	10:13	4.3	10:33	4.9	4:18	-0.1	4:19	-0.3	6:29	5:47	
2	Mon	11:08	4.0	11:30	4.8	5:05	0.1	5:03	-0.1	6:27	5:48	
3	Tue			12:09	3.9	6:07	0.3	6:01	0.2	6:26	5:49	
4	Wed	12:32	4.8	1:13	3.8	7:24	0.4	7:20	0.3	6:24	5:51	
5	Thu	1:37	4.7	2:20	3.8	8:40	0.3	8:40	0.2	6:22	5:52	
6	Fri	2:48	4.7	3:32	4.0	9:46	0.0	9:50	0.0	6:21	5:53	
7	Sat	4:00	4.9	4:40	4.4	10:43	-0.3	10:51	-0.3	6:19	5:54	
8	Sun	6:04	5.1	6:37	4.8			12:35	-0.6	7:18	6:55	
9	Mon	6:58	5.3	7:27	5.2	12:47	-0.6	1:25	-0.8	7:16	6:56	
10	Tue	7:46	5.4	8:14	5.5	1:39	-0.8	2:11	-1.0	7:15	6:57	
11	Wed	8:31	5.4	8:58	5.5	2:30	-0.8	2:56	-1.0	7:13	6:58	
12	Thu	9:15	5.2	9:41	5.5	3:17	-0.8	3:37	-0.8	7:11	6:59	
13	Fri	9:59	4.9	10:24	5.3	4:01	-0.7	4:16	-0.6	7:10	7:00	
14	Sat	10:44	4.6	11:08	5.0	4:43	-0.4	4:53	-0.2	7:08	7:01	
15	Sun	11:31	4.2	11:54	4.7	5:24	-0.1	5:29	0.2	7:06	7:02	
16	Mon			12:20	3.9	6:07	0.3	6:08	0.6	7:05	7:04	
17	Tue	12:42	4.4	1:11	3.7	6:57	0.6	6:55	0.9	7:03	7:05	
18	Wed	1:32	4.2	2:03	3.5	7:58	0.9	8:00	1.1	7:02	7:06	
19	Thu	2:24	4.1	2:58	3.4	9:05	0.9	9:12	1.2	7:00	7:07	
20	Fri	3:20	4.0	3:57	3.5	10:06	0.9	10:16	1.1	6:58	7:08	
21	Sat	4:20	4.0	4:58	3.7	10:58	0.7	11:11	0.8	6:57	7:09	
22	Sun	5:19	4.2	5:51	4.0	11:44	0.4	11:59	0.5	6:55	7:10	
23	Mon	6:09	4.4	6:35	4.4			12:26	0.2	6:53	7:11	
24	Tue	6:52	4.7	7:14	4.7	12:45	0.3	1:07	-0.1	6:52	7:12	
25	Wed	7:31	4.8	7:49	5.0	1:29	0.0	1:46	-0.2	6:50	7:13	
26	Thu	8:09	4.9	8:24	5.3	2:13	-0.2	2:25	-0.3	6:48	7:14	
27	Fri	8:47	4.9	9:00	5.4	2:57	-0.3	3:04	-0.4	6:47	7:15	
28	Sat	9:28	4.8	9:40	5.5	3:40	-0.4	3:43	-0.4	6:45	7:16	
29	Sun	10:12	4.6	10:25	5.4	4:23	-0.4	4:22	-0.3	6:43	7:17	
30	Mon	11:04	4.4	11:17	5.3	5:08	-0.2	5:04	-0.1	6:42	7:18	
31	Tue			12:02	4.3	5:59	0.0	5:53	0.1	6:40	7:19	