


































Atlantic Highlands, NJ - Mar 2010

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Mon | 7:47 | 5.7 | 8:17 | 5.7 | 1:46 | -1.2 | 2:15 | -1.4 | 6:29 | 5:47 |  |
| 2 | Tue | 8:36 | 5.5 | 9:06 | 5.7 | 2:37 | -1.2 | 3:00 | -1.3 | 6:27 | 5:48 |  |
| 3 | Wed | 9:25 | 5.2 | 9:56 | 5.5 | 3:25 | -1.0 | 3:44 | -1.0 | 6:26 | 5:49 |  |
| 4 | Thu | 10:17 | 4.8 | 10:47 | 5.2 | 4:13 | -0.7 | 4:27 | -0.6 | 6:24 | 5:50 |  |
| 5 | Fri | 11:11 | 4.4 | 11:40 | 4.9 | 5:02 | -0.3 | 5:13 | -0.1 | 6:23 | 5:51 |  |
| 6 | Sat | | | 12:06 | 4.0 | 5:57 | 0.1 | 6:06 | 0.4 | 6:21 | 5:53 |  |
| 7 | Sun | 12:34 | 4.6 | 1:01 | 3.8 | 7:00 | 0.5 | 7:10 | 0.7 | 6:20 | 5:54 |  |
| 8 | Mon | 1:27 | 4.3 | 1:57 | 3.6 | 8:07 | 0.6 | 8:17 | 0.8 | 6:18 | 5:55 |  |
| 9 | Tue | 2:23 | 4.1 | 2:56 | 3.5 | 9:08 | 0.6 | 9:19 | 0.8 | 6:16 | 5:56 |  |
| 10 | Wed | 3:24 | 4.1 | 3:58 | 3.7 | 10:02 | 0.5 | 10:13 | 0.7 | 6:15 | 5:57 |  |
| 11 | Thu | 4:23 | 4.2 | 4:53 | 3.9 | 10:48 | 0.4 | 11:01 | 0.5 | 6:13 | 5:58 |  |
| 12 | Fri | 5:13 | 4.4 | 5:39 | 4.2 | 11:30 | 0.2 | 11:45 | 0.3 | 6:12 | 5:59 |  |
| 13 | Sat | 5:57 | 4.6 | 6:19 | 4.5 | | | 12:10 | 0.0 | 6:10 | 6:00 |  |
| 14 | Sun | 7:35 | 4.7 | 7:55 | 4.7 | 12:28 | 0.1 | 1:48 | -0.1 | 7:08 | 7:01 |  |
| 15 | Mon | 8:11 | 4.7 | 8:28 | 4.8 | 2:10 | 0.0 | 2:26 | -0.2 | 7:07 | 7:02 |  |
| 16 | Tue | 8:46 | 4.7 | 8:59 | 4.9 | 2:51 | -0.1 | 3:01 | -0.2 | 7:05 | 7:03 |  |
| 17 | Wed | 9:20 | 4.6 | 9:30 | 4.9 | 3:29 | -0.2 | 3:35 | -0.2 | 7:04 | 7:04 |  |
| 18 | Thu | 9:54 | 4.4 | 10:01 | 4.9 | 4:05 | -0.1 | 4:06 | -0.1 | 7:02 | 7:05 |  |
| 19 | Fri | 10:31 | 4.2 | 10:37 | 4.9 | 4:42 | 0.0 | 4:38 | 0.0 | 7:00 | 7:06 |  |
| 20 | Sat | 11:14 | 4.1 | 11:23 | 4.8 | 5:19 | 0.1 | 5:12 | 0.2 | 6:59 | 7:08 |  |
| 21 | Sun | | | 12:08 | 3.9 | 6:04 | 0.3 | 5:55 | 0.3 | 6:57 | 7:09 |  |
| 22 | Mon | 12:19 | 4.8 | 1:08 | 3.9 | 7:03 | 0.5 | 6:54 | 0.5 | 6:55 | 7:10 |  |
| 23 | Tue | 1:22 | 4.7 | 2:11 | 3.9 | 8:19 | 0.6 | 8:15 | 0.6 | 6:54 | 7:11 |  |
| 24 | Wed | 2:28 | 4.8 | 3:17 | 4.1 | 9:32 | 0.4 | 9:37 | 0.4 | 6:52 | 7:12 |  |
| 25 | Thu | 3:38 | 4.8 | 4:25 | 4.4 | 10:35 | 0.1 | 10:46 | 0.1 | 6:50 | 7:13 |  |
| 26 | Fri | 4:48 | 5.0 | 5:30 | 4.8 | 11:31 | -0.3 | 11:46 | -0.3 | 6:49 | 7:14 |  |
| 27 | Sat | 5:52 | 5.2 | 6:28 | 5.3 | | | 12:22 | -0.6 | 6:47 | 7:15 |  |
| 28 | Sun | 6:48 | 5.4 | 7:18 | 5.7 | 12:43 | -0.6 | 1:12 | -0.8 | 6:45 | 7:16 |  |
| 29 | Mon | 7:38 | 5.5 | 8:06 | 6.0 | 1:37 | -0.8 | 2:00 | -1.0 | 6:44 | 7:17 |  |
| 30 | Tue | 8:27 | 5.5 | 8:53 | 6.0 | 2:29 | -0.9 | 2:48 | -0.9 | 6:42 | 7:18 |  |
| 31 | Wed | 9:14 | 5.3 | 9:39 | 5.9 | 3:19 | -0.9 | 3:33 | -0.8 | 6:41 | 7:19 |  |