

































## Atlantic Highlands, NJ - Mar 2016

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	12:22	4.1	12:40	3.6	6:40	0.7	6:42	0.7	6:28	5:48	
2	Wed	1:09	4.1	1:33	3.5	7:49	0.7	7:54	0.8	6:27	5:49	
3	Thu	2:03	4.2	2:33	3.6	8:55	0.6	9:03	0.6	6:25	5:50	
4	Fri	3:05	4.3	3:39	3.8	9:54	0.3	10:02	0.3	6:23	5:51	
5	Sat	4:09	4.6	4:41	4.1	10:46	-0.1	10:57	-0.1	6:22	5:52	
6	Sun	5:07	5.0	5:34	4.6	11:36	-0.4	11:50	-0.4	6:20	5:53	
7	Mon	5:58	5.4	6:23	5.0			12:25	-0.8	6:19	5:54	
8	Tue	6:46	5.6	7:10	5.4	12:42	-0.8	1:13	-1.1	6:17	5:55	
9	Wed	7:34	5.8	7:57	5.6	1:34	-1.0	2:00	-1.2	6:16	5:56	
10	Thu	8:23	5.7	8:46	5.7	2:25	-1.2	2:47	-1.3	6:14	5:57	
11	Fri	9:14	5.5	9:38	5.7	3:15	-1.1	3:32	-1.2	6:12	5:59	
12	Sat	10:08	5.2	10:34	5.5	4:05	-0.9	4:19	-0.9	6:11	6:00	
13	Sun			12:06	4.9	5:57	-0.6	6:10	-0.6	7:09	7:01	
14	Mon	12:31	5.3	1:05	4.6	6:57	-0.3	7:08	-0.2	7:08	7:02	
15	Tue	1:30	5.0	2:03	4.4	8:04	0.0	8:14	0.2	7:06	7:03	
16	Wed	2:28	4.8	3:03	4.2	9:12	0.2	9:22	0.3	7:04	7:04	
17	Thu	3:28	4.6	4:05	4.2	10:16	0.2	10:25	0.3	7:03	7:05	
18	Fri	4:31	4.5	5:07	4.3	11:12	0.1	11:21	0.2	7:01	7:06	
19	Sat	5:32	4.6	6:03	4.5			12:01	0.0	6:59	7:07	
20	Sun	6:24	4.7	6:50	4.7	12:11	0.1	12:46	-0.1	6:58	7:08	
21	Mon	7:08	4.8	7:32	4.9	12:57	0.0	1:28	-0.2	6:56	7:09	
22	Tue	7:48	4.9	8:11	5.0	1:41	-0.1	2:08	-0.2	6:54	7:10	
23	Wed	8:26	4.9	8:48	5.1	2:24	-0.2	2:46	-0.2	6:53	7:11	
24	Thu	9:03	4.8	9:24	5.0	3:04	-0.2	3:22	-0.2	6:51	7:12	
25	Fri	9:39	4.6	9:59	4.9	3:42	-0.2	3:56	0.0	6:50	7:13	
26	Sat	10:15	4.4	10:34	4.8	4:19	-0.1	4:27	0.1	6:48	7:14	
27	Sun	10:52	4.2	11:09	4.6	4:54	0.1	4:58	0.3	6:46	7:15	
28	Mon	11:31	4.0	11:48	4.5	5:30	0.3	5:28	0.6	6:45	7:16	
29	Tue			12:16	3.9	6:09	0.5	6:03	0.8	6:43	7:17	
30	Wed	12:34	4.4	1:07	3.8	6:59	0.7	6:53	0.9	6:41	7:18	
31	Thu	1:26	4.4	2:01	3.8	8:05	0.8	8:08	1.0	6:40	7:20	