

































Atlantic Highlands, NJ - Mar 2019

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	3:40	4.3	4:11	3.7	10:16	0.3	10:24	0.5	6:29	5:47	
2	Sat	4:38	4.4	5:06	3.8	11:04	0.2	11:12	0.3	6:28	5:48	
3	Sun	5:27	4.5	5:53	4.1	11:48	0.0	11:57	0.2	6:26	5:49	
4	Mon	6:11	4.7	6:34	4.3			12:29	-0.1	6:25	5:50	
5	Tue	6:50	4.8	7:11	4.4	12:40	0.0	1:09	-0.2	6:23	5:51	
6	Wed	7:27	4.8	7:47	4.5	1:22	-0.1	1:48	-0.3	6:22	5:52	
7	Thu	8:02	4.8	8:20	4.6	2:02	-0.1	2:23	-0.3	6:20	5:53	
8	Fri	8:36	4.7	8:52	4.6	2:40	-0.1	2:57	-0.3	6:18	5:54	
9	Sat	9:10	4.5	9:23	4.6	3:16	-0.1	3:28	-0.2	6:17	5:56	
10	Sun	10:45	4.3	10:58	4.6	4:50	0.0	4:58	-0.1	7:15	6:57	
11	Mon	11:26	4.2	11:40	4.6	5:26	0.2	5:30	0.1	7:14	6:58	
12	Tue			12:15	4.0	6:08	0.4	6:09	0.2	7:12	6:59	
13	Wed	12:31	4.6	1:12	3.9	7:06	0.5	7:03	0.4	7:10	7:00	
14	Thu	1:29	4.6	2:13	3.8	8:23	0.6	8:19	0.5	7:09	7:01	
15	Fri	2:32	4.7	3:19	3.9	9:39	0.4	9:39	0.3	7:07	7:02	
16	Sat	3:42	4.8	4:30	4.1	10:44	0.1	10:48	0.0	7:05	7:03	
17	Sun	4:55	5.0	5:37	4.5	11:42	-0.3	11:50	-0.3	7:04	7:04	
18	Mon	6:00	5.3	6:36	5.0			12:36	-0.6	7:02	7:05	
19	Tue	6:57	5.6	7:28	5.4	12:47	-0.7	1:27	-0.9	7:01	7:06	
20	Wed	7:49	5.8	8:18	5.7	1:43	-1.0	2:17	-1.1	6:59	7:07	
21	Thu	8:38	5.8	9:07	5.9	2:36	-1.1	3:05	-1.2	6:57	7:08	
22	Fri	9:27	5.6	9:55	5.8	3:27	-1.1	3:51	-1.1	6:56	7:09	
23	Sat	10:16	5.4	10:44	5.6	4:15	-1.0	4:35	-0.8	6:54	7:10	
24	Sun	11:07	5.0	11:35	5.3	5:02	-0.7	5:18	-0.5	6:52	7:12	
25	Mon			12:00	4.6	5:50	-0.3	6:03	0.0	6:51	7:13	
26	Tue	12:27	5.0	12:55	4.3	6:42	0.1	6:53	0.5	6:49	7:14	
27	Wed	1:19	4.7	1:48	4.0	7:41	0.5	7:53	0.8	6:47	7:15	
28	Thu	2:11	4.5	2:42	3.8	8:45	0.7	8:58	1.0	6:46	7:16	
29	Fri	3:04	4.3	3:39	3.8	9:47	0.7	10:01	1.0	6:44	7:17	
30	Sat	4:02	4.2	4:38	3.8	10:41	0.6	10:56	0.9	6:43	7:18	
31	Sun	5:01	4.3	5:35	4.1	11:29	0.5	11:45	0.7	6:41	7:19	