

































## Atlantic Highlands, NJ - Mar 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	2:41	4.0	3:20	3.4	9:37	0.6	9:30	0.8	6:29	5:47	
2	Thu	3:44	4.0	4:22	3.5	10:29	0.5	10:23	0.6	6:28	5:48	
3	Fri	4:43	4.2	5:16	3.8	11:16	0.3	11:12	0.4	6:26	5:49	
4	Sat	5:32	4.4	6:01	4.0	11:58	0.1	11:57	0.2	6:25	5:50	
5	Sun	6:14	4.6	6:41	4.3			12:39	0.0	6:23	5:51	
6	Mon	6:51	4.7	7:18	4.5	12:41	0.1	1:17	-0.2	6:21	5:52	
7	Tue	7:26	4.8	7:52	4.6	1:23	-0.1	1:54	-0.3	6:20	5:53	
8	Wed	7:59	4.7	8:24	4.7	2:03	-0.1	2:28	-0.3	6:18	5:55	
9	Thu	8:31	4.6	8:56	4.7	2:41	-0.2	2:59	-0.2	6:17	5:56	
10	Fri	9:04	4.5	9:30	4.7	3:18	-0.1	3:28	-0.1	6:15	5:57	
11	Sat	9:41	4.3	10:08	4.8	3:54	0.0	3:58	0.0	6:14	5:58	
12	Sun	11:26	4.1	11:56	4.7	5:34	0.1	5:31	0.2	7:12	6:59	
13	Mon			12:21	3.9	6:23	0.3	6:14	0.3	7:10	7:00	
14	Tue	12:53	4.7	1:23	3.7	7:28	0.5	7:18	0.5	7:09	7:01	
15	Wed	1:55	4.7	2:29	3.7	8:48	0.5	8:47	0.6	7:07	7:02	
16	Thu	3:02	4.7	3:41	3.8	10:02	0.3	10:08	0.4	7:05	7:03	
17	Fri	4:15	4.9	4:55	4.1	11:05	0.0	11:15	0.1	7:04	7:04	
18	Sat	5:26	5.1	6:01	4.6			12:01	-0.3	7:02	7:05	
19	Sun	6:26	5.4	6:56	5.0	12:15	-0.3	12:53	-0.7	7:01	7:06	
20	Mon	7:19	5.6	7:46	5.4	1:11	-0.6	1:42	-0.9	6:59	7:07	
21	Tue	8:07	5.7	8:32	5.6	2:04	-0.8	2:29	-1.0	6:57	7:08	
22	Wed	8:54	5.6	9:18	5.7	2:55	-0.9	3:14	-1.0	6:56	7:09	
23	Thu	9:40	5.3	10:03	5.6	3:43	-0.8	3:56	-0.8	6:54	7:10	
24	Fri	10:28	5.0	10:48	5.3	4:28	-0.6	4:36	-0.5	6:52	7:12	
25	Sat	11:17	4.6	11:35	5.0	5:13	-0.3	5:15	-0.1	6:51	7:13	
26	Sun			12:08	4.2	5:59	0.1	5:56	0.3	6:49	7:14	
27	Mon	12:24	4.7	1:02	3.9	6:50	0.5	6:42	0.8	6:47	7:15	
28	Tue	1:15	4.4	1:55	3.7	7:50	0.8	7:41	1.1	6:46	7:16	
29	Wed	2:07	4.2	2:49	3.6	8:57	0.9	8:51	1.2	6:44	7:17	
30	Thu	3:02	4.1	3:47	3.6	10:00	0.9	9:58	1.2	6:42	7:18	
31	Fri	4:03	4.0	4:48	3.8	10:53	0.8	10:55	1.0	6:41	7:19	