
































## Atlantic Highlands, NJ - Mar 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	10:56	3.7	11:26	4.3	4:59	0.4	4:51	0.4	6:28	5:48	
2	Sat	11:46	3.5			5:47	0.6	5:31	0.6	6:26	5:49	
3	Sun	12:16	4.3	12:43	3.4	6:56	0.8	6:35	0.7	6:25	5:50	
4	Mon	1:14	4.3	1:47	3.4	8:16	0.7	8:06	0.7	6:23	5:51	
5	Tue	2:21	4.5	3:00	3.5	9:25	0.5	9:24	0.5	6:22	5:52	
6	Wed	3:34	4.7	4:13	3.9	10:25	0.1	10:29	0.1	6:20	5:53	
7	Thu	4:42	5.0	5:15	4.4	11:18	-0.3	11:27	-0.3	6:19	5:54	
8	Fri	5:40	5.4	6:08	4.9			12:09	-0.7	6:17	5:55	
9	Sat	6:31	5.7	6:57	5.3	12:23	-0.7	12:58	-1.0	6:16	5:56	
10	Sun	8:20	5.8	8:45	5.6	1:17	-1.0	2:45	-1.2	7:14	6:58	
11	Mon	9:08	5.7	9:33	5.8	3:09	-1.1	3:31	-1.3	7:12	6:59	
12	Tue	9:58	5.5	10:23	5.7	4:00	-1.1	4:15	-1.2	7:11	7:00	
13	Wed	10:49	5.1	11:14	5.5	4:48	-0.9	4:59	-0.8	7:09	7:01	
14	Thu	11:43	4.7			5:38	-0.5	5:44	-0.4	7:07	7:02	
15	Fri	12:08	5.2	12:40	4.3	6:33	-0.1	6:34	0.1	7:06	7:03	
16	Sat	1:03	4.8	1:38	4.0	7:36	0.3	7:34	0.5	7:04	7:04	
17	Sun	1:59	4.5	2:36	3.8	8:46	0.6	8:44	0.8	7:03	7:05	
18	Mon	2:57	4.3	3:37	3.7	9:53	0.6	9:52	0.9	7:01	7:06	
19	Tue	4:00	4.2	4:41	3.7	10:52	0.6	10:52	0.8	6:59	7:07	
20	Wed	5:04	4.2	5:40	3.9	11:41	0.4	11:43	0.6	6:58	7:08	
21	Thu	5:59	4.3	6:29	4.2			12:24	0.3	6:56	7:09	
22	Fri	6:45	4.5	7:10	4.5	12:29	0.4	1:04	0.1	6:54	7:10	
23	Sat	7:24	4.6	7:47	4.7	1:13	0.2	1:42	0.0	6:53	7:11	
24	Sun	8:00	4.7	8:22	4.9	1:55	0.1	2:18	-0.1	6:51	7:12	
25	Mon	8:34	4.7	8:55	5.0	2:36	0.0	2:53	-0.1	6:49	7:13	
26	Tue	9:07	4.6	9:26	5.0	3:14	-0.1	3:25	0.0	6:48	7:14	
27	Wed	9:39	4.4	9:56	4.9	3:51	0.0	3:55	0.1	6:46	7:15	
28	Thu	10:11	4.2	10:27	4.8	4:26	0.1	4:24	0.3	6:44	7:16	
29	Fri	10:47	4.0	11:03	4.8	5:01	0.2	4:51	0.5	6:43	7:18	
30	Sat	11:31	3.8	11:49	4.7	5:38	0.4	5:23	0.6	6:41	7:19	
31	Sun			12:25	3.7	6:25	0.6	6:06	0.8	6:40	7:20	