

































Atlantic Highlands, NJ - Mar 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	5:49	5.1	6:18	4.7			12:17	-0.6	6:29	5:47	
2	Mon	6:36	5.2	7:04	5.0	12:25	-0.5	1:03	-0.8	6:27	5:48	
3	Tue	7:20	5.2	7:47	5.1	1:14	-0.6	1:46	-0.8	6:26	5:49	
4	Wed	8:01	5.1	8:28	5.1	2:00	-0.6	2:26	-0.7	6:24	5:50	
5	Thu	8:42	4.9	9:08	5.0	2:43	-0.5	3:02	-0.6	6:23	5:52	
6	Fri	9:22	4.6	9:48	4.9	3:23	-0.4	3:36	-0.3	6:21	5:53	
7	Sat	10:04	4.2	10:29	4.6	4:01	-0.1	4:08	0.0	6:19	5:54	
8	Sun	11:48	3.9			5:40	0.2	5:41	0.3	7:18	6:55	
9	Mon	12:12	4.4	12:35	3.6	6:22	0.5	6:16	0.7	7:16	6:56	
10	Tue	12:58	4.2	1:25	3.4	7:14	0.8	7:04	0.9	7:15	6:57	
11	Wed	1:46	4.1	2:17	3.3	8:20	0.9	8:14	1.1	7:13	6:58	
12	Thu	2:39	4.0	3:14	3.3	9:29	0.9	9:30	1.1	7:11	6:59	
13	Fri	3:38	4.0	4:18	3.4	10:29	0.8	10:34	0.9	7:10	7:00	
14	Sat	4:41	4.1	5:19	3.6	11:21	0.5	11:28	0.7	7:08	7:01	
15	Sun	5:39	4.4	6:10	4.0			12:07	0.2	7:07	7:02	
16	Mon	6:28	4.7	6:54	4.4	12:17	0.3	12:50	-0.1	7:05	7:03	
17	Tue	7:11	5.0	7:33	4.8	1:04	0.0	1:32	-0.3	7:03	7:04	
18	Wed	7:51	5.1	8:11	5.2	1:51	-0.3	2:13	-0.5	7:02	7:06	
19	Thu	8:32	5.2	8:50	5.4	2:38	-0.5	2:54	-0.7	7:00	7:07	
20	Fri	9:15	5.1	9:32	5.6	3:24	-0.6	3:34	-0.7	6:58	7:08	
21	Sat	10:00	4.9	10:18	5.6	4:09	-0.6	4:15	-0.6	6:57	7:09	
22	Sun	10:51	4.7	11:10	5.4	4:56	-0.5	4:57	-0.4	6:55	7:10	
23	Mon	11:48	4.4			5:46	-0.2	5:44	-0.1	6:53	7:11	
24	Tue	12:09	5.2	12:51	4.2	6:45	0.1	6:42	0.2	6:52	7:12	
25	Wed	1:12	5.0	1:54	4.1	7:56	0.3	7:56	0.5	6:50	7:13	
26	Thu	2:16	4.8	2:59	4.1	9:11	0.4	9:15	0.5	6:49	7:14	
27	Fri	3:22	4.7	4:06	4.2	10:17	0.2	10:25	0.4	6:47	7:15	
28	Sat	4:31	4.7	5:12	4.4	11:14	0.0	11:25	0.2	6:45	7:16	
29	Sun	5:35	4.8	6:09	4.8			12:04	-0.2	6:44	7:17	
30	Mon	6:28	4.9	6:57	5.1	12:18	0.0	12:50	-0.3	6:42	7:18	
31	Tue	7:14	5.0	7:39	5.3	1:07	-0.2	1:33	-0.4	6:40	7:19	