

























## Atlantic Highlands, NJ - Mar 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	5:11	5.0	5:40	4.6	11:35	-0.5	11:52	-0.4	6:29	5:47	
2	Sat	6:02	5.1	6:27	4.8			12:22	-0.6	6:27	5:48	
3	Sun	6:47	5.2	7:10	5.0	12:41	-0.5	1:06	-0.7	6:26	5:49	
4	Mon	7:29	5.1	7:50	5.0	1:27	-0.5	1:48	-0.7	6:24	5:50	
5	Tue	8:09	5.0	8:29	5.0	2:10	-0.5	2:26	-0.6	6:23	5:52	
6	Wed	8:49	4.8	9:07	4.9	2:51	-0.4	3:01	-0.4	6:21	5:53	
7	Thu	9:29	4.5	9:45	4.7	3:29	-0.2	3:35	-0.2	6:19	5:54	
8	Fri	10:11	4.2	10:25	4.5	4:06	0.0	4:07	0.1	6:18	5:55	
9	Sat	10:56	3.9	11:07	4.3	4:44	0.3	4:40	0.3	6:16	5:56	
10	Sun			12:43	3.7	6:26	0.6	6:18	0.6	7:15	6:57	
11	Mon	12:52	4.2	1:33	3.6	7:20	0.8	7:09	0.8	7:13	6:58	
12	Tue	1:40	4.1	2:24	3.5	8:27	0.9	8:18	1.0	7:11	6:59	
13	Wed	2:32	4.0	3:20	3.5	9:34	0.9	9:30	0.9	7:10	7:00	
14	Thu	3:30	4.1	4:21	3.7	10:32	0.7	10:33	0.7	7:08	7:01	
15	Fri	4:34	4.2	5:20	4.0	11:22	0.4	11:28	0.4	7:07	7:02	
16	Sat	5:34	4.5	6:11	4.4			12:09	0.0	7:05	7:03	
17	Sun	6:25	4.8	6:56	4.8	12:18	0.0	12:53	-0.3	7:03	7:05	
18	Mon	7:11	5.1	7:39	5.3	1:08	-0.4	1:37	-0.5	7:02	7:06	
19	Tue	7:55	5.3	8:22	5.6	1:58	-0.7	2:22	-0.7	7:00	7:07	
20	Wed	8:40	5.3	9:06	5.8	2:47	-0.9	3:06	-0.8	6:58	7:08	
21	Thu	9:27	5.2	9:53	5.8	3:36	-1.0	3:50	-0.8	6:57	7:09	
22	Fri	10:17	5.0	10:45	5.7	4:24	-0.9	4:35	-0.7	6:55	7:10	
23	Sat	11:12	4.8	11:41	5.5	5:13	-0.7	5:22	-0.4	6:53	7:11	
24	Sun			12:13	4.6	6:07	-0.4	6:16	-0.1	6:52	7:12	
25	Mon	12:42	5.3	1:15	4.4	7:09	-0.1	7:21	0.2	6:50	7:13	
26	Tue	1:43	5.1	2:17	4.3	8:18	0.1	8:35	0.4	6:49	7:14	
27	Wed	2:44	4.9	3:19	4.3	9:26	0.2	9:46	0.4	6:47	7:15	
28	Thu	3:47	4.7	4:24	4.4	10:28	0.1	10:49	0.3	6:45	7:16	
29	Fri	4:51	4.7	5:25	4.6	11:21	0.0	11:44	0.1	6:44	7:17	
30	Sat	5:49	4.8	6:18	4.8			12:09	-0.2	6:42	7:18	
31	Sun	6:39	4.9	7:03	5.1	12:34	0.0	12:53	-0.2	6:40	7:19	