
































Atlantic Highlands, NJ - Mar 2031

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	1:00	4.1	1:33	3.6	7:39	0.8	7:36	0.8	6:29	5:47	
2	Sun	1:52	4.0	2:28	3.5	8:41	0.8	8:40	0.8	6:28	5:48	
3	Mon	2:48	4.0	3:28	3.6	9:38	0.6	9:37	0.7	6:26	5:49	
4	Tue	3:48	4.1	4:26	3.8	10:27	0.4	10:29	0.5	6:24	5:50	
5	Wed	4:44	4.2	5:16	4.1	11:12	0.2	11:17	0.2	6:23	5:51	
6	Thu	5:31	4.5	5:59	4.4	11:54	0.0			6:21	5:52	
7	Fri	6:12	4.7	6:38	4.6	12:02	0.0	12:36	-0.2	6:20	5:53	
8	Sat	6:49	4.8	7:15	4.9	12:47	-0.2	1:15	-0.4	6:18	5:55	
9	Sun	8:26	4.9	8:50	5.0	1:30	-0.4	2:54	-0.5	7:17	6:56	
10	Mon	9:03	4.9	9:27	5.1	3:13	-0.5	3:31	-0.5	7:15	6:57	
11	Tue	9:42	4.8	10:07	5.2	3:55	-0.5	4:08	-0.5	7:13	6:58	
12	Wed	10:25	4.6	10:53	5.2	4:37	-0.5	4:46	-0.4	7:12	6:59	
13	Thu	11:16	4.5	11:46	5.1	5:21	-0.3	5:27	-0.2	7:10	7:00	
14	Fri			12:14	4.3	6:12	-0.1	6:17	0.0	7:09	7:01	
15	Sat	12:45	5.0	1:16	4.2	7:15	0.1	7:23	0.2	7:07	7:02	
16	Sun	1:47	4.9	2:19	4.1	8:27	0.2	8:41	0.3	7:05	7:03	
17	Mon	2:51	4.9	3:25	4.2	9:38	0.1	9:55	0.2	7:04	7:04	
18	Tue	3:57	4.9	4:34	4.4	10:41	-0.1	11:00	0.0	7:02	7:05	
19	Wed	5:05	5.0	5:38	4.7	11:37	-0.4	11:58	-0.3	7:00	7:06	
20	Thu	6:05	5.2	6:34	5.1			12:28	-0.6	6:59	7:07	
21	Fri	6:58	5.3	7:23	5.4	12:52	-0.5	1:16	-0.8	6:57	7:08	
22	Sat	7:45	5.4	8:08	5.5	1:43	-0.7	2:03	-0.8	6:55	7:10	
23	Sun	8:30	5.3	8:51	5.6	2:32	-0.7	2:47	-0.8	6:54	7:11	
24	Mon	9:14	5.2	9:33	5.4	3:18	-0.7	3:28	-0.6	6:52	7:12	
25	Tue	9:58	4.9	10:15	5.2	4:01	-0.5	4:07	-0.4	6:51	7:13	
26	Wed	10:43	4.6	10:57	5.0	4:41	-0.3	4:44	-0.1	6:49	7:14	
27	Thu	11:30	4.3	11:42	4.7	5:22	0.0	5:21	0.3	6:47	7:15	
28	Fri			12:19	4.1	6:04	0.4	6:00	0.6	6:46	7:16	
29	Sat	12:29	4.4	1:10	3.9	6:52	0.7	6:47	0.9	6:44	7:17	
30	Sun	1:18	4.2	2:01	3.8	7:51	0.9	7:48	1.1	6:42	7:18	
31	Mon	2:08	4.1	2:52	3.8	8:54	0.9	8:57	1.1	6:41	7:19	