

































Atlantic Highlands, NJ - Mar 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	7:17	5.8	7:43	5.6	1:15	-1.1	1:44	-1.4	6:28	5:47	
2	Wed	8:07	5.8	8:32	5.7	2:08	-1.3	2:32	-1.5	6:27	5:49	
3	Thu	8:58	5.6	9:24	5.7	2:59	-1.3	3:19	-1.4	6:25	5:50	
4	Fri	9:51	5.4	10:18	5.5	3:49	-1.1	4:05	-1.1	6:24	5:51	
5	Sat	10:47	5.0	11:14	5.2	4:40	-0.8	4:54	-0.7	6:22	5:52	
6	Sun	11:45	4.7			5:36	-0.4	5:47	-0.3	6:21	5:53	
7	Mon	12:11	5.0	12:42	4.4	6:39	0.0	6:49	0.1	6:19	5:54	
8	Tue	1:07	4.7	1:39	4.1	7:47	0.2	7:55	0.3	6:17	5:55	
9	Wed	2:04	4.5	2:38	4.0	8:52	0.3	8:59	0.4	6:16	5:56	
10	Thu	3:04	4.4	3:40	4.0	9:49	0.2	9:56	0.4	6:14	5:57	
11	Fri	4:05	4.4	4:37	4.2	10:39	0.1	10:46	0.2	6:13	5:58	
12	Sat	5:00	4.5	5:27	4.4	11:24	0.0	11:32	0.1	6:11	5:59	
13	Sun	6:46	4.6	7:10	4.6			1:06	-0.1	7:09	7:01	
14	Mon	7:26	4.7	7:50	4.8	1:16	0.0	1:46	-0.2	7:08	7:02	
15	Tue	8:04	4.8	8:27	4.9	1:59	-0.2	2:24	-0.2	7:06	7:03	
16	Wed	8:40	4.8	9:02	4.9	2:40	-0.2	3:01	-0.2	7:04	7:04	
17	Thu	9:15	4.6	9:36	4.9	3:19	-0.2	3:35	-0.2	7:03	7:05	
18	Fri	9:49	4.5	10:09	4.8	3:56	-0.2	4:07	0.0	7:01	7:06	
19	Sat	10:23	4.3	10:42	4.7	4:31	0.0	4:38	0.1	7:00	7:07	
20	Sun	10:58	4.1	11:18	4.6	5:06	0.1	5:07	0.3	6:58	7:08	
21	Mon	11:40	4.0			5:43	0.3	5:39	0.5	6:56	7:09	
22	Tue	12:02	4.5	12:31	3.9	6:28	0.5	6:22	0.6	6:55	7:10	
23	Wed	12:55	4.5	1:28	3.9	7:28	0.6	7:27	0.7	6:53	7:11	
24	Thu	1:54	4.6	2:28	4.0	8:41	0.6	8:52	0.7	6:51	7:12	
25	Fri	2:56	4.6	3:33	4.1	9:50	0.4	10:06	0.4	6:50	7:13	
26	Sat	4:04	4.8	4:42	4.5	10:50	0.0	11:10	0.0	6:48	7:14	
27	Sun	5:12	5.1	5:45	5.0	11:45	-0.4			6:46	7:15	
28	Mon	6:13	5.4	6:41	5.5	12:08	-0.4	12:37	-0.7	6:45	7:16	
29	Tue	7:07	5.7	7:32	5.9	1:04	-0.7	1:28	-1.0	6:43	7:17	
30	Wed	7:58	5.8	8:22	6.1	1:58	-1.0	2:18	-1.2	6:42	7:18	
31	Thu	8:48	5.8	9:11	6.2	2:52	-1.2	3:07	-1.2	6:40	7:19	