

































## Atlantic Highlands, NJ - Mar 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	4:36	4.8	5:07	4.4	11:08	-0.3	11:16	-0.2	6:29	5:47	
2	Thu	5:30	4.9	5:58	4.6	11:56	-0.4			6:27	5:48	
3	Fri	6:17	5.0	6:42	4.8	12:05	-0.3	12:41	-0.5	6:26	5:49	
4	Sat	6:59	5.0	7:24	4.9	12:51	-0.4	1:24	-0.6	6:24	5:50	
5	Sun	7:39	5.0	8:03	4.9	1:35	-0.5	2:03	-0.5	6:22	5:52	
6	Mon	8:17	4.9	8:42	4.9	2:17	-0.4	2:40	-0.4	6:21	5:53	
7	Tue	8:55	4.7	9:20	4.8	2:55	-0.3	3:14	-0.3	6:19	5:54	
8	Wed	9:34	4.4	9:59	4.6	3:32	-0.2	3:47	-0.1	6:18	5:55	
9	Thu	10:13	4.2	10:39	4.4	4:09	0.0	4:18	0.2	6:16	5:56	
10	Fri	10:55	3.9	11:21	4.3	4:46	0.3	4:51	0.4	6:15	5:57	
11	Sat	11:41	3.8			5:28	0.5	5:29	0.7	6:13	5:58	
12	Sun	12:06	4.2	1:29	3.6	7:22	0.7	7:22	0.8	7:11	6:59	
13	Mon	1:53	4.1	2:21	3.6	8:29	0.8	8:35	0.9	7:10	7:00	
14	Tue	2:46	4.2	3:18	3.6	9:36	0.7	9:46	0.8	7:08	7:01	
15	Wed	3:45	4.3	4:21	3.8	10:35	0.5	10:47	0.5	7:07	7:02	
16	Thu	4:49	4.5	5:23	4.2	11:28	0.1	11:42	0.1	7:05	7:03	
17	Fri	5:49	4.9	6:17	4.6			12:17	-0.2	7:03	7:05	
18	Sat	6:41	5.2	7:06	5.1	12:34	-0.3	1:05	-0.6	7:02	7:06	
19	Sun	7:29	5.5	7:52	5.5	1:26	-0.6	1:53	-0.9	7:00	7:07	
20	Mon	8:16	5.7	8:38	5.8	2:18	-0.9	2:40	-1.1	6:58	7:08	
21	Tue	9:04	5.7	9:26	5.9	3:09	-1.1	3:27	-1.1	6:57	7:09	
22	Wed	9:55	5.5	10:17	5.8	3:58	-1.1	4:13	-1.1	6:55	7:10	
23	Thu	10:48	5.3	11:11	5.7	4:48	-1.0	5:00	-0.9	6:53	7:11	
24	Fri	11:46	5.0			5:39	-0.7	5:50	-0.5	6:52	7:12	
25	Sat	12:09	5.4	12:46	4.8	6:36	-0.3	6:46	-0.1	6:50	7:13	
26	Sun	1:09	5.2	1:45	4.6	7:41	0.0	7:52	0.2	6:48	7:14	
27	Mon	2:08	4.9	2:45	4.4	8:50	0.2	9:02	0.4	6:47	7:15	
28	Tue	3:07	4.7	3:46	4.4	9:55	0.2	10:07	0.4	6:45	7:16	
29	Wed	4:10	4.6	4:48	4.4	10:53	0.1	11:05	0.3	6:44	7:17	
30	Thu	5:12	4.6	5:45	4.6	11:43	0.0	11:57	0.2	6:42	7:18	
31	Fri	6:06	4.7	6:34	4.9			12:28	-0.1	6:40	7:19	