

































Atlantic Highlands, NJ - Mar 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	5:40	5.4	6:12	5.0			12:12	-0.8	6:28	5:47	
2	Thu	6:32	5.6	7:02	5.4	12:22	-0.8	1:01	-1.1	6:27	5:49	
3	Fri	7:20	5.7	7:49	5.6	1:16	-1.0	1:49	-1.2	6:25	5:50	
4	Sat	8:07	5.5	8:36	5.6	2:07	-1.1	2:33	-1.2	6:24	5:51	
5	Sun	8:54	5.3	9:23	5.5	2:55	-1.0	3:15	-1.0	6:22	5:52	
6	Mon	9:42	4.9	10:11	5.2	3:41	-0.7	3:56	-0.7	6:20	5:53	
7	Tue	10:32	4.5	11:00	4.9	4:26	-0.4	4:36	-0.2	6:19	5:54	
8	Wed	11:23	4.1	11:50	4.6	5:13	0.0	5:19	0.3	6:17	5:55	
9	Thu			12:16	3.8	6:07	0.4	6:11	0.7	6:16	5:56	
10	Fri	12:41	4.3	1:10	3.5	7:11	0.7	7:15	1.0	6:14	5:57	
11	Sat	1:34	4.1	2:06	3.4	8:18	0.8	8:24	1.0	6:12	5:58	
12	Sun	3:31	4.0	4:07	3.4	10:18	0.8	10:26	1.0	7:11	7:00	
13	Mon	4:33	4.0	5:09	3.6	11:11	0.6	11:20	0.8	7:09	7:01	
14	Tue	5:32	4.2	6:03	3.9	11:56	0.4			7:08	7:02	
15	Wed	6:21	4.4	6:47	4.2	12:07	0.5	12:38	0.2	7:06	7:03	
16	Thu	7:03	4.6	7:25	4.5	12:52	0.3	1:17	0.0	7:04	7:04	
17	Fri	7:40	4.7	8:00	4.7	1:35	0.1	1:55	-0.1	7:03	7:05	
18	Sat	8:16	4.8	8:32	4.9	2:17	0.0	2:32	-0.2	7:01	7:06	
19	Sun	8:50	4.7	9:03	5.0	2:57	-0.1	3:07	-0.2	6:59	7:07	
20	Mon	9:25	4.6	9:35	5.1	3:36	-0.2	3:41	-0.2	6:58	7:08	
21	Tue	10:01	4.4	10:10	5.1	4:14	-0.2	4:14	-0.1	6:56	7:09	
22	Wed	10:43	4.2	10:53	5.0	4:53	0.0	4:48	0.0	6:54	7:10	
23	Thu	11:33	4.1	11:46	5.0	5:36	0.1	5:27	0.2	6:53	7:11	
24	Fri			12:33	3.9	6:28	0.4	6:17	0.4	6:51	7:12	
25	Sat	12:48	4.9	1:37	3.9	7:38	0.5	7:28	0.6	6:50	7:13	
26	Sun	1:54	4.8	2:42	3.9	8:55	0.5	8:54	0.6	6:48	7:14	
27	Mon	3:02	4.8	3:50	4.2	10:04	0.3	10:10	0.3	6:46	7:15	
28	Tue	4:13	4.9	4:59	4.5	11:04	0.0	11:15	0.0	6:45	7:16	
29	Wed	5:21	5.0	6:00	5.0	11:56	-0.3			6:43	7:17	
30	Thu	6:20	5.3	6:52	5.4	12:12	-0.3	12:46	-0.6	6:41	7:18	
31	Fri	7:11	5.4	7:40	5.8	1:07	-0.6	1:33	-0.8	6:40	7:19	