




















Atlantic Highlands, NJ - Mar 2049

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	5:03	5.3	5:33	4.9	11:31	-0.7	11:49	-0.7	6:28	5:48	
2	Tue	5:58	5.5	6:25	5.2			12:22	-1.0	6:27	5:49	
3	Wed	6:48	5.6	7:14	5.5	12:43	-0.9	1:11	-1.2	6:25	5:50	
4	Thu	7:36	5.6	8:00	5.5	1:35	-1.0	1:57	-1.2	6:23	5:51	
5	Fri	8:22	5.4	8:46	5.5	2:23	-1.0	2:41	-1.1	6:22	5:52	
6	Sat	9:09	5.1	9:31	5.3	3:09	-0.8	3:22	-0.8	6:20	5:53	
7	Sun	9:56	4.8	10:18	5.0	3:53	-0.6	4:02	-0.5	6:19	5:54	
8	Mon	10:46	4.4	11:06	4.7	4:37	-0.2	4:42	-0.1	6:17	5:55	
9	Tue	11:37	4.1	11:55	4.4	5:24	0.2	5:24	0.3	6:16	5:56	
10	Wed			12:28	3.8	6:18	0.5	6:16	0.7	6:14	5:57	
11	Thu	12:45	4.2	1:20	3.7	7:21	0.8	7:18	0.9	6:12	5:59	
12	Fri	1:36	4.0	2:14	3.6	8:25	0.8	8:24	0.9	6:11	6:00	
13	Sat	2:31	4.0	3:12	3.7	9:22	0.7	9:24	0.8	6:09	6:01	
14	Sun	4:31	4.0	5:11	3.8	11:12	0.5	11:17	0.6	7:08	7:02	
15	Mon	5:28	4.2	6:02	4.1	11:57	0.3			7:06	7:03	
16	Tue	6:17	4.4	6:46	4.4	12:05	0.4	12:39	0.1	7:04	7:04	
17	Wed	6:59	4.6	7:25	4.7	12:50	0.1	1:20	-0.1	7:03	7:05	
18	Thu	7:37	4.8	8:02	5.0	1:35	-0.1	1:59	-0.2	7:01	7:06	
19	Fri	8:14	4.8	8:36	5.1	2:18	-0.3	2:38	-0.3	6:59	7:07	
20	Sat	8:50	4.8	9:12	5.3	3:01	-0.4	3:15	-0.3	6:58	7:08	
21	Sun	9:28	4.8	9:50	5.3	3:42	-0.5	3:52	-0.3	6:56	7:09	
22	Mon	10:10	4.6	10:33	5.3	4:24	-0.4	4:29	-0.2	6:54	7:10	
23	Tue	10:58	4.4	11:24	5.2	5:07	-0.3	5:09	-0.1	6:53	7:11	
24	Wed	11:54	4.3			5:55	-0.1	5:56	0.1	6:51	7:12	
25	Thu	12:23	5.1	12:57	4.2	6:53	0.1	6:57	0.3	6:49	7:13	
26	Fri	1:25	5.0	2:00	4.2	8:03	0.3	8:15	0.4	6:48	7:14	
27	Sat	2:28	4.9	3:04	4.3	9:14	0.2	9:33	0.4	6:46	7:15	
28	Sun	3:34	4.9	4:11	4.5	10:18	0.0	10:40	0.1	6:45	7:16	
29	Mon	4:41	5.0	5:17	4.8	11:15	-0.3	11:40	-0.2	6:43	7:17	
30	Tue	5:44	5.1	6:15	5.2			12:07	-0.5	6:41	7:18	
31	Wed	6:39	5.3	7:05	5.5	12:34	-0.4	12:56	-0.7	6:40	7:20	