

































Atlantic Highlands, NJ - Mar 2053

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	4:28	5.1	5:03	4.7	11:05	-0.5	11:14	-0.6	6:28	5:48	
2	Sun	5:27	5.3	5:58	5.0	11:57	-0.8			6:26	5:49	
3	Mon	6:19	5.5	6:48	5.3	12:09	-0.8	12:47	-1.0	6:25	5:50	
4	Tue	7:07	5.5	7:35	5.4	1:01	-0.9	1:35	-1.0	6:23	5:51	
5	Wed	7:53	5.4	8:20	5.4	1:50	-0.9	2:20	-1.0	6:22	5:52	
6	Thu	8:37	5.2	9:05	5.2	2:37	-0.8	3:01	-0.8	6:20	5:53	
7	Fri	9:22	4.9	9:49	5.0	3:20	-0.7	3:40	-0.6	6:19	5:54	
8	Sat	10:08	4.6	10:35	4.8	4:01	-0.4	4:18	-0.2	6:17	5:55	
9	Sun	11:55	4.3			5:43	0.0	5:56	0.1	7:16	6:56	
10	Mon	12:22	4.6	12:44	4.0	6:28	0.3	6:39	0.5	7:14	6:57	
11	Tue	1:09	4.3	1:33	3.8	7:21	0.6	7:31	0.8	7:12	6:59	
12	Wed	1:58	4.2	2:23	3.6	8:22	0.8	8:34	0.9	7:11	7:00	
13	Thu	2:48	4.1	3:17	3.6	9:25	0.8	9:38	0.9	7:09	7:01	
14	Fri	3:43	4.1	4:16	3.6	10:23	0.7	10:36	0.8	7:07	7:02	
15	Sat	4:42	4.2	5:15	3.8	11:14	0.4	11:28	0.5	7:06	7:03	
16	Sun	5:37	4.4	6:06	4.1			12:00	0.2	7:04	7:04	
17	Mon	6:26	4.6	6:50	4.5	12:15	0.3	12:44	0.0	7:03	7:05	
18	Tue	7:08	4.9	7:29	4.8	1:01	0.0	1:27	-0.3	7:01	7:06	
19	Wed	7:48	5.1	8:07	5.0	1:46	-0.2	2:09	-0.5	6:59	7:07	
20	Thu	8:27	5.2	8:44	5.2	2:31	-0.4	2:50	-0.6	6:58	7:08	
21	Fri	9:08	5.2	9:24	5.4	3:16	-0.6	3:30	-0.6	6:56	7:09	
22	Sat	9:51	5.1	10:07	5.4	3:59	-0.6	4:10	-0.6	6:54	7:10	
23	Sun	10:39	4.9	10:56	5.4	4:43	-0.5	4:52	-0.5	6:53	7:11	
24	Mon	11:33	4.7	11:52	5.3	5:30	-0.4	5:37	-0.3	6:51	7:12	
25	Tue			12:32	4.6	6:24	-0.1	6:30	0.0	6:49	7:13	
26	Wed	12:52	5.1	1:33	4.4	7:29	0.1	7:37	0.2	6:48	7:14	
27	Thu	1:54	5.0	2:35	4.4	8:41	0.2	8:52	0.3	6:46	7:15	
28	Fri	2:57	4.9	3:39	4.5	9:49	0.1	10:02	0.2	6:45	7:16	
29	Sat	4:03	4.9	4:45	4.7	10:50	-0.1	11:05	0.0	6:43	7:17	
30	Sun	5:10	5.0	5:46	5.0	11:44	-0.3			6:41	7:19	
31	Mon	6:09	5.1	6:40	5.3	12:01	-0.2	12:35	-0.5	6:40	7:20	