

































## Atlantic Highlands, NJ - Mar 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	1:02	4.5	1:25	3.8	7:28	0.4	7:44	0.5	6:28	5:47	
2	Mon	1:54	4.3	2:20	3.7	8:31	0.5	8:44	0.6	6:27	5:48	
3	Tue	2:49	4.2	3:19	3.6	9:29	0.5	9:40	0.6	6:25	5:50	
4	Wed	3:48	4.2	4:18	3.7	10:19	0.4	10:30	0.5	6:24	5:51	
5	Thu	4:43	4.4	5:10	4.0	11:05	0.2	11:17	0.3	6:22	5:52	
6	Fri	5:31	4.5	5:55	4.2	11:49	0.0			6:21	5:53	
7	Sat	6:13	4.7	6:35	4.4	12:01	0.1	12:30	-0.2	6:19	5:54	
8	Sun	7:52	4.8	8:12	4.6	12:45	0.0	2:10	-0.3	7:17	6:55	
9	Mon	8:28	4.9	8:47	4.7	2:27	-0.2	2:49	-0.4	7:16	6:56	
10	Tue	9:03	4.8	9:19	4.7	3:07	-0.2	3:25	-0.4	7:14	6:57	
11	Wed	9:38	4.7	9:52	4.8	3:45	-0.2	3:59	-0.3	7:13	6:58	
12	Thu	10:14	4.6	10:26	4.8	4:21	-0.2	4:32	-0.3	7:11	6:59	
13	Fri	10:54	4.4	11:07	4.8	4:58	-0.1	5:05	-0.1	7:09	7:00	
14	Sat	11:41	4.3	11:56	4.8	5:39	0.1	5:43	0.0	7:08	7:01	
15	Sun			12:36	4.1	6:28	0.3	6:31	0.2	7:06	7:03	
16	Mon	12:54	4.8	1:36	4.1	7:35	0.4	7:37	0.3	7:05	7:04	
17	Tue	1:55	4.8	2:39	4.1	8:51	0.4	8:56	0.3	7:03	7:05	
18	Wed	3:01	4.8	3:46	4.2	10:02	0.2	10:09	0.1	7:01	7:06	
19	Thu	4:11	4.9	4:56	4.5	11:03	-0.1	11:14	-0.2	7:00	7:07	
20	Fri	5:21	5.2	5:59	4.9	11:59	-0.5			6:58	7:08	
21	Sat	6:22	5.4	6:54	5.4	12:13	-0.5	12:52	-0.8	6:56	7:09	
22	Sun	7:15	5.6	7:45	5.7	1:08	-0.8	1:42	-1.0	6:55	7:10	
23	Mon	8:05	5.7	8:33	5.8	2:02	-1.0	2:31	-1.1	6:53	7:11	
24	Tue	8:53	5.7	9:20	5.8	2:53	-1.0	3:18	-1.0	6:51	7:12	
25	Wed	9:41	5.4	10:08	5.7	3:42	-1.0	4:02	-0.9	6:50	7:13	
26	Thu	10:30	5.1	10:55	5.4	4:28	-0.8	4:44	-0.5	6:48	7:14	
27	Fri	11:20	4.8	11:45	5.1	5:13	-0.4	5:26	-0.1	6:47	7:15	
28	Sat			12:12	4.4	5:59	-0.1	6:10	0.3	6:45	7:16	
29	Sun	12:35	4.8	1:04	4.2	6:49	0.3	7:00	0.7	6:43	7:17	
30	Mon	1:26	4.6	1:56	4.0	7:47	0.6	8:00	1.0	6:42	7:18	
31	Tue	2:16	4.4	2:48	3.9	8:49	0.8	9:05	1.1	6:40	7:19	