

































Atlantic Highlands, NJ - Mar 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	3:55	4.9	4:29	4.1	10:34	-0.2	10:45	-0.2	6:28	5:48	
2	Fri	4:59	5.1	5:29	4.4	11:28	-0.5	11:41	-0.4	6:26	5:49	
3	Sat	5:54	5.3	6:21	4.7			12:19	-0.7	6:25	5:50	
4	Sun	6:42	5.4	7:08	4.9	12:33	-0.5	1:07	-0.8	6:23	5:51	
5	Mon	7:27	5.4	7:51	5.0	1:23	-0.6	1:51	-0.8	6:22	5:52	
6	Tue	8:10	5.3	8:33	5.0	2:09	-0.6	2:32	-0.8	6:20	5:53	
7	Wed	8:52	5.0	9:15	4.9	2:52	-0.5	3:09	-0.6	6:19	5:54	
8	Thu	9:35	4.7	9:56	4.7	3:32	-0.3	3:45	-0.4	6:17	5:55	
9	Fri	10:18	4.4	10:38	4.6	4:11	-0.1	4:19	-0.1	6:15	5:56	
10	Sat	11:04	4.1	11:21	4.4	4:51	0.2	4:53	0.3	6:14	5:57	
11	Sun			12:51	3.8	6:35	0.5	6:32	0.6	7:12	6:59	
12	Mon	1:05	4.2	1:40	3.6	7:30	0.8	7:21	0.8	7:11	7:00	
13	Tue	1:52	4.1	2:31	3.5	8:35	0.9	8:27	1.0	7:09	7:01	
14	Wed	2:42	4.0	3:27	3.5	9:41	0.9	9:35	1.0	7:07	7:02	
15	Thu	3:39	4.0	4:28	3.6	10:39	0.7	10:35	0.8	7:06	7:03	
16	Fri	4:42	4.2	5:27	3.8	11:29	0.5	11:29	0.5	7:04	7:04	
17	Sat	5:40	4.4	6:18	4.1			12:16	0.2	7:03	7:05	
18	Sun	6:29	4.8	7:02	4.5	12:18	0.2	1:00	-0.1	7:01	7:06	
19	Mon	7:13	5.1	7:42	4.9	1:06	-0.1	1:43	-0.4	6:59	7:07	
20	Tue	7:54	5.3	8:22	5.2	1:54	-0.4	2:25	-0.6	6:58	7:08	
21	Wed	8:36	5.3	9:03	5.4	2:41	-0.6	3:07	-0.7	6:56	7:09	
22	Thu	9:19	5.3	9:46	5.5	3:27	-0.7	3:48	-0.7	6:54	7:10	
23	Fri	10:06	5.1	10:34	5.5	4:13	-0.7	4:29	-0.6	6:53	7:11	
24	Sat	10:57	4.9	11:27	5.5	5:00	-0.6	5:12	-0.4	6:51	7:12	
25	Sun	11:54	4.6			5:51	-0.4	6:00	-0.2	6:49	7:13	
26	Mon	12:25	5.3	12:56	4.4	6:50	-0.1	6:59	0.2	6:48	7:14	
27	Tue	1:25	5.1	1:58	4.2	7:59	0.2	8:12	0.4	6:46	7:15	
28	Wed	2:27	5.0	3:02	4.2	9:11	0.2	9:27	0.5	6:44	7:16	
29	Thu	3:31	4.9	4:09	4.2	10:17	0.2	10:34	0.4	6:43	7:18	
30	Fri	4:38	4.9	5:15	4.4	11:16	0.0	11:34	0.2	6:41	7:19	
31	Sat	5:41	5.0	6:13	4.7			12:07	-0.2	6:40	7:20	