


































Atlantic Highlands, NJ - Mar 2058

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Fri | 12:16 | 4.4 | 12:43 | 3.8 | 6:39 | 0.5 | 6:39 | 0.5 | 6:28 | 5:47 |  |
| 2 | Sat | 1:04 | 4.2 | 1:34 | 3.6 | 7:43 | 0.7 | 7:39 | 0.8 | 6:27 | 5:48 |  |
| 3 | Sun | 1:54 | 4.1 | 2:30 | 3.5 | 8:47 | 0.7 | 8:41 | 0.8 | 6:25 | 5:50 |  |
| 4 | Mon | 2:51 | 4.0 | 3:31 | 3.5 | 9:44 | 0.7 | 9:38 | 0.8 | 6:24 | 5:51 |  |
| 5 | Tue | 3:52 | 4.1 | 4:31 | 3.6 | 10:34 | 0.5 | 10:30 | 0.6 | 6:22 | 5:52 |  |
| 6 | Wed | 4:49 | 4.2 | 5:22 | 3.9 | 11:20 | 0.3 | 11:18 | 0.4 | 6:21 | 5:53 |  |
| 7 | Thu | 5:37 | 4.5 | 6:06 | 4.1 | | | 12:03 | 0.1 | 6:19 | 5:54 |  |
| 8 | Fri | 6:17 | 4.7 | 6:45 | 4.4 | 12:03 | 0.2 | 12:44 | -0.1 | 6:17 | 5:55 |  |
| 9 | Sat | 6:55 | 4.8 | 7:22 | 4.6 | 12:47 | 0.0 | 1:23 | -0.3 | 6:16 | 5:56 |  |
| 10 | Sun | 8:30 | 4.9 | 8:56 | 4.7 | 1:30 | -0.2 | 3:00 | -0.3 | 7:14 | 6:57 |  |
| 11 | Mon | 9:04 | 4.9 | 9:30 | 4.8 | 3:11 | -0.3 | 3:35 | -0.4 | 7:13 | 6:58 |  |
| 12 | Tue | 9:39 | 4.8 | 10:05 | 4.9 | 3:50 | -0.3 | 4:08 | -0.3 | 7:11 | 6:59 |  |
| 13 | Wed | 10:17 | 4.6 | 10:45 | 4.9 | 4:29 | -0.3 | 4:41 | -0.2 | 7:09 | 7:00 |  |
| 14 | Thu | 11:01 | 4.4 | 11:31 | 4.9 | 5:09 | -0.2 | 5:15 | -0.1 | 7:08 | 7:02 |  |
| 15 | Fri | 11:53 | 4.2 | | | 5:55 | 0.0 | 5:56 | 0.1 | 7:06 | 7:03 |  |
| 16 | Sat | 12:25 | 4.9 | 12:53 | 4.0 | 6:52 | 0.2 | 6:51 | 0.3 | 7:05 | 7:04 |  |
| 17 | Sun | 1:25 | 4.9 | 1:56 | 3.9 | 8:05 | 0.4 | 8:07 | 0.5 | 7:03 | 7:05 |  |
| 18 | Mon | 2:28 | 4.8 | 3:03 | 3.9 | 9:21 | 0.3 | 9:29 | 0.4 | 7:01 | 7:06 |  |
| 19 | Tue | 3:37 | 4.9 | 4:15 | 4.1 | 10:29 | 0.1 | 10:41 | 0.2 | 7:00 | 7:07 |  |
| 20 | Wed | 4:48 | 5.0 | 5:25 | 4.4 | 11:29 | -0.2 | 11:43 | -0.1 | 6:58 | 7:08 |  |
| 21 | Thu | 5:54 | 5.2 | 6:25 | 4.8 | | | 12:23 | -0.5 | 6:56 | 7:09 |  |
| 22 | Fri | 6:50 | 5.5 | 7:17 | 5.2 | 12:40 | -0.4 | 1:13 | -0.7 | 6:55 | 7:10 |  |
| 23 | Sat | 7:39 | 5.6 | 8:05 | 5.5 | 1:33 | -0.6 | 2:01 | -0.9 | 6:53 | 7:11 |  |
| 24 | Sun | 8:26 | 5.6 | 8:50 | 5.6 | 2:25 | -0.8 | 2:47 | -0.9 | 6:51 | 7:12 |  |
| 25 | Mon | 9:11 | 5.4 | 9:34 | 5.5 | 3:13 | -0.8 | 3:29 | -0.8 | 6:50 | 7:13 |  |
| 26 | Tue | 9:56 | 5.2 | 10:17 | 5.4 | 3:58 | -0.6 | 4:09 | -0.6 | 6:48 | 7:14 |  |
| 27 | Wed | 10:42 | 4.8 | 11:01 | 5.1 | 4:41 | -0.4 | 4:47 | -0.3 | 6:47 | 7:15 |  |
| 28 | Thu | 11:30 | 4.5 | 11:46 | 4.8 | 5:23 | -0.1 | 5:24 | 0.1 | 6:45 | 7:16 |  |
| 29 | Fri | | | 12:20 | 4.1 | 6:07 | 0.3 | 6:04 | 0.5 | 6:43 | 7:17 |  |
| 30 | Sat | 12:33 | 4.6 | 1:12 | 3.9 | 6:58 | 0.6 | 6:50 | 0.9 | 6:42 | 7:18 |  |
| 31 | Sun | 1:22 | 4.3 | 2:03 | 3.7 | 7:58 | 0.9 | 7:50 | 1.1 | 6:40 | 7:19 |  |