




























## Atlantic Highlands, NJ - Mar 2059

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	8:39	4.6	9:07	4.5	2:44	-0.1	3:06	-0.2	6:29	5:47	
2	Sun	9:11	4.4	9:39	4.4	3:19	0.0	3:35	-0.1	6:27	5:48	
3	Mon	9:44	4.2	10:13	4.4	3:53	0.1	4:02	0.0	6:26	5:49	
4	Tue	10:21	4.0	10:52	4.4	4:29	0.2	4:30	0.2	6:24	5:50	
5	Wed	11:08	3.8	11:40	4.4	5:10	0.4	5:04	0.4	6:23	5:51	
6	Thu			12:03	3.7	6:06	0.6	5:54	0.5	6:21	5:53	
7	Fri	12:36	4.5	1:04	3.6	7:22	0.6	7:12	0.6	6:19	5:54	
8	Sat	1:38	4.5	2:12	3.6	8:39	0.5	8:38	0.5	6:18	5:55	
9	Sun	3:48	4.7	4:27	3.8	10:46	0.2	10:50	0.2	7:16	6:56	
10	Mon	5:01	4.9	5:37	4.2	11:44	-0.2	11:53	-0.2	7:15	6:57	
11	Tue	6:06	5.3	6:37	4.7			12:38	-0.6	7:13	6:58	
12	Wed	7:02	5.6	7:29	5.2	12:50	-0.6	1:29	-0.9	7:11	6:59	
13	Thu	7:53	5.8	8:19	5.5	1:46	-0.9	2:18	-1.2	7:10	7:00	
14	Fri	8:41	5.8	9:07	5.7	2:40	-1.1	3:06	-1.3	7:08	7:01	
15	Sat	9:30	5.7	9:55	5.7	3:31	-1.1	3:51	-1.2	7:07	7:02	
16	Sun	10:20	5.4	10:45	5.6	4:20	-1.0	4:34	-1.0	7:05	7:03	
17	Mon	11:12	5.0	11:36	5.3	5:08	-0.7	5:18	-0.6	7:03	7:04	
18	Tue			12:05	4.6	5:57	-0.3	6:02	-0.1	7:02	7:06	
19	Wed	12:28	5.0	1:01	4.2	6:52	0.1	6:53	0.4	7:00	7:07	
20	Thu	1:21	4.7	1:56	3.9	7:55	0.5	7:53	0.7	6:58	7:08	
21	Fri	2:15	4.4	2:52	3.7	9:03	0.7	9:01	0.9	6:57	7:09	
22	Sat	3:11	4.2	3:51	3.7	10:07	0.7	10:05	1.0	6:55	7:10	
23	Sun	4:12	4.1	4:53	3.8	11:01	0.6	11:01	0.8	6:53	7:11	
24	Mon	5:14	4.2	5:49	4.0	11:48	0.5	11:51	0.6	6:52	7:12	
25	Tue	6:07	4.4	6:36	4.3			12:30	0.3	6:50	7:13	
26	Wed	6:51	4.5	7:17	4.6	12:36	0.4	1:10	0.1	6:49	7:14	
27	Thu	7:29	4.7	7:54	4.8	1:20	0.2	1:48	0.0	6:47	7:15	
28	Fri	8:05	4.7	8:28	4.9	2:02	0.1	2:25	-0.1	6:45	7:16	
29	Sat	8:39	4.7	9:01	5.0	2:43	0.0	3:00	-0.1	6:44	7:17	
30	Sun	9:12	4.6	9:31	5.0	3:22	-0.1	3:33	0.0	6:42	7:18	
31	Mon	9:44	4.5	10:02	5.0	3:59	-0.1	4:03	0.1	6:40	7:19	