

## Atlantic Highlands, NJ - Mar 2068

| Date |     | High  |     |       |     | Low   |      |       |      |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|-------------------------------------------------------------------------------------|------|---------------------------------------------------------------------------------------|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM    | ft   | Rise                                                                                | Set  | Moon                                                                                  |
| 1    | Thu | 4:57  | 5.2 | 5:27  | 4.8 | 11:28 | -0.7 | 11:44 | -0.7 | 6:27                                                                                | 5:48 |    |
| 2    | Fri | 5:53  | 5.5 | 6:20  | 5.3 |       |      | 12:19 | -1.0 | 6:26                                                                                | 5:49 |    |
| 3    | Sat | 6:44  | 5.8 | 7:10  | 5.6 | 12:40 | -1.0 | 1:09  | -1.3 | 6:24                                                                                | 5:50 |    |
| 4    | Sun | 7:34  | 5.8 | 7:59  | 5.8 | 1:34  | -1.2 | 1:58  | -1.4 | 6:23                                                                                | 5:51 |    |
| 5    | Mon | 8:24  | 5.7 | 8:49  | 5.8 | 2:26  | -1.3 | 2:45  | -1.4 | 6:21                                                                                | 5:52 |    |
| 6    | Tue | 9:15  | 5.4 | 9:40  | 5.6 | 3:16  | -1.2 | 3:30  | -1.2 | 6:20                                                                                | 5:53 |    |
| 7    | Wed | 10:08 | 5.1 | 10:34 | 5.4 | 4:05  | -0.9 | 4:16  | -0.8 | 6:18                                                                                | 5:55 |    |
| 8    | Thu | 11:04 | 4.7 | 11:29 | 5.0 | 4:56  | -0.5 | 5:04  | -0.4 | 6:17                                                                                | 5:56 |    |
| 9    | Fri |       |     | 12:01 | 4.4 | 5:52  | -0.1 | 5:59  | 0.1  | 6:15                                                                                | 5:57 |    |
| 10   | Sat | 12:24 | 4.7 | 12:57 | 4.1 | 6:56  | 0.3  | 7:01  | 0.4  | 6:13                                                                                | 5:58 |    |
| 11   | Sun | 1:19  | 4.5 | 2:53  | 3.9 | 9:03  | 0.5  | 9:08  | 0.6  | 7:12                                                                                | 6:59 |    |
| 12   | Mon | 3:16  | 4.3 | 3:52  | 3.9 | 10:05 | 0.5  | 10:10 | 0.6  | 7:10                                                                                | 7:00 |   |
| 13   | Tue | 4:15  | 4.2 | 4:52  | 3.9 | 10:59 | 0.4  | 11:04 | 0.5  | 7:08                                                                                | 7:01 |  |
| 14   | Wed | 5:15  | 4.3 | 5:47  | 4.1 | 11:46 | 0.3  | 11:53 | 0.4  | 7:07                                                                                | 7:02 |  |
| 15   | Thu | 6:07  | 4.4 | 6:34  | 4.4 |       |      | 12:28 | 0.1  | 7:05                                                                                | 7:03 |  |
| 16   | Fri | 6:51  | 4.5 | 7:15  | 4.7 | 12:38 | 0.2  | 1:08  | 0.0  | 7:04                                                                                | 7:04 |  |
| 17   | Sat | 7:30  | 4.7 | 7:53  | 4.8 | 1:21  | 0.0  | 1:47  | -0.1 | 7:02                                                                                | 7:05 |  |
| 18   | Sun | 8:06  | 4.7 | 8:28  | 4.9 | 2:03  | -0.1 | 2:24  | -0.2 | 7:00                                                                                | 7:06 |  |
| 19   | Mon | 8:41  | 4.7 | 9:02  | 5.0 | 2:44  | -0.2 | 3:00  | -0.1 | 6:59                                                                                | 7:07 |  |
| 20   | Tue | 9:15  | 4.6 | 9:34  | 4.9 | 3:23  | -0.2 | 3:34  | -0.1 | 6:57                                                                                | 7:08 |  |
| 21   | Wed | 9:48  | 4.4 | 10:05 | 4.9 | 4:00  | -0.1 | 4:06  | 0.0  | 6:55                                                                                | 7:10 |  |
| 22   | Thu | 10:22 | 4.2 | 10:39 | 4.8 | 4:36  | 0.0  | 4:36  | 0.2  | 6:54                                                                                | 7:11 |  |
| 23   | Fri | 11:01 | 4.1 | 11:20 | 4.8 | 5:12  | 0.1  | 5:07  | 0.3  | 6:52                                                                                | 7:12 |  |
| 24   | Sat | 11:49 | 4.0 |       |     | 5:52  | 0.3  | 5:44  | 0.5  | 6:50                                                                                | 7:13 |  |
| 25   | Sun | 12:11 | 4.7 | 12:46 | 3.9 | 6:43  | 0.5  | 6:36  | 0.6  | 6:49                                                                                | 7:14 |  |
| 26   | Mon | 1:11  | 4.7 | 1:47  | 4.0 | 7:51  | 0.5  | 7:53  | 0.7  | 6:47                                                                                | 7:15 |  |
| 27   | Tue | 2:13  | 4.7 | 2:50  | 4.1 | 9:04  | 0.4  | 9:18  | 0.6  | 6:46                                                                                | 7:16 |  |
| 28   | Wed | 3:19  | 4.8 | 3:57  | 4.4 | 10:09 | 0.2  | 10:29 | 0.3  | 6:44                                                                                | 7:17 |  |
| 29   | Thu | 4:28  | 5.0 | 5:05  | 4.8 | 11:07 | -0.2 | 11:31 | -0.1 | 6:42                                                                                | 7:18 |  |
| 30   | Fri | 5:34  | 5.2 | 6:05  | 5.3 |       |      | 12:01 | -0.5 | 6:41                                                                                | 7:19 |  |
| 31   | Sat | 6:32  | 5.5 | 6:59  | 5.7 | 12:28 | -0.5 | 12:52 | -0.8 | 6:39                                                                                | 7:20 |  |