

Atlantic Highlands, NJ - Mar 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	1:31	4.4	2:19	3.4	8:47	0.6	8:34	0.5	6:28	5:47	
2	Mon	2:42	4.5	3:33	3.7	9:53	0.3	9:46	0.2	6:27	5:48	
3	Tue	3:57	4.8	4:41	4.1	10:49	-0.1	10:49	-0.2	6:25	5:50	
4	Wed	5:03	5.2	5:39	4.6	11:41	-0.5	11:46	-0.6	6:24	5:51	
5	Thu	5:58	5.5	6:30	5.1			12:32	-0.9	6:22	5:52	
6	Fri	6:49	5.7	7:19	5.5	12:42	-0.9	1:20	-1.1	6:20	5:53	
7	Sat	7:37	5.7	8:07	5.7	1:36	-1.1	2:07	-1.3	6:19	5:54	
8	Sun	9:26	5.6	9:56	5.7	3:27	-1.2	3:52	-1.2	7:17	6:55	
9	Mon	10:15	5.3	10:46	5.6	4:16	-1.1	4:35	-1.0	7:16	6:56	
10	Tue	11:07	4.9	11:38	5.4	5:05	-0.8	5:19	-0.7	7:14	6:57	
11	Wed			12:02	4.5	5:55	-0.4	6:05	-0.2	7:13	6:58	
12	Thu	12:32	5.0	12:59	4.1	6:50	0.1	6:58	0.3	7:11	6:59	
13	Fri	1:27	4.7	1:56	3.8	7:55	0.4	8:03	0.7	7:09	7:00	
14	Sat	2:22	4.4	2:54	3.6	9:04	0.6	9:13	0.9	7:08	7:02	
15	Sun	3:20	4.2	3:56	3.5	10:09	0.6	10:18	0.9	7:06	7:03	
16	Mon	4:23	4.2	5:01	3.6	11:05	0.6	11:14	0.8	7:04	7:04	
17	Tue	5:25	4.3	5:57	3.9	11:52	0.4			7:03	7:05	
18	Wed	6:16	4.4	6:43	4.2	12:03	0.6	12:34	0.2	7:01	7:06	
19	Thu	6:59	4.6	7:22	4.5	12:47	0.4	1:13	0.1	7:00	7:07	
20	Fri	7:38	4.7	7:58	4.7	1:30	0.2	1:51	-0.1	6:58	7:08	
21	Sat	8:13	4.7	8:31	4.8	2:12	0.1	2:27	-0.1	6:56	7:09	
22	Sun	8:48	4.7	9:02	4.9	2:51	0.0	3:02	-0.1	6:55	7:10	
23	Mon	9:21	4.5	9:31	4.9	3:29	0.0	3:34	-0.1	6:53	7:11	
24	Tue	9:54	4.4	10:00	4.9	4:05	0.0	4:04	0.1	6:51	7:12	
25	Wed	10:29	4.1	10:32	4.8	4:39	0.1	4:33	0.2	6:50	7:13	
26	Thu	11:08	3.9	11:11	4.8	5:14	0.3	5:04	0.4	6:48	7:14	
27	Fri	11:57	3.8			5:54	0.5	5:40	0.5	6:46	7:15	
28	Sat	12:03	4.7	12:55	3.7	6:48	0.7	6:31	0.7	6:45	7:16	
29	Sun	1:04	4.7	1:58	3.7	8:03	0.8	7:48	0.8	6:43	7:17	
30	Mon	2:10	4.7	3:03	3.8	9:21	0.7	9:17	0.7	6:41	7:18	
31	Tue	3:20	4.7	4:13	4.1	10:26	0.4	10:31	0.4	6:40	7:19	