

Beach Haven, NJ - Mar 1975

| Date | | High | | | | Low | | | | ☀ | | ☾ |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|------|------|------|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sat | 12:08 | 2.6 | 12:30 | 2.3 | 6:31 | -0.6 | 6:50 | -0.5 | 7:30 | 6:48 | ☾ |
| 2 | Sun | 1:02 | 2.5 | 1:25 | 2.1 | 7:22 | -0.4 | 7:38 | -0.3 | 7:28 | 6:49 | ☾ |
| 3 | Mon | 1:57 | 2.3 | 2:21 | 2.0 | 8:17 | -0.1 | 8:32 | 0.0 | 7:27 | 6:50 | ☾ |
| 4 | Tue | 2:52 | 2.2 | 3:17 | 1.8 | 9:19 | 0.1 | 9:34 | 0.2 | 7:25 | 6:51 | ☾ |
| 5 | Wed | 3:46 | 2.1 | 4:14 | 1.7 | 10:26 | 0.2 | 10:41 | 0.3 | 7:24 | 6:52 | ☾ |
| 6 | Thu | 4:42 | 2.0 | 5:13 | 1.7 | 11:29 | 0.3 | 11:43 | 0.3 | 7:22 | 6:53 | ☾ |
| 7 | Fri | 5:42 | 1.9 | 6:14 | 1.7 | | | 12:25 | 0.2 | 7:21 | 6:54 | ☾ |
| 8 | Sat | 6:41 | 2.0 | 7:11 | 1.8 | 12:38 | 0.3 | 1:13 | 0.1 | 7:19 | 6:56 | ☾ |
| 9 | Sun | 7:34 | 2.0 | 7:59 | 1.9 | 1:27 | 0.2 | 1:57 | 0.1 | 7:18 | 6:57 | ☾ |
| 10 | Mon | 8:19 | 2.1 | 8:41 | 2.0 | 2:12 | 0.1 | 2:38 | 0.0 | 7:16 | 6:58 | ☾ |
| 11 | Tue | 8:59 | 2.1 | 9:19 | 2.1 | 2:55 | 0.0 | 3:17 | -0.1 | 7:15 | 6:59 | ☾ |
| 12 | Wed | 9:36 | 2.2 | 9:54 | 2.2 | 3:38 | -0.1 | 3:55 | -0.1 | 7:13 | 7:00 | ☾ |
| 13 | Thu | 10:12 | 2.2 | 10:27 | 2.2 | 4:18 | -0.1 | 4:31 | -0.2 | 7:12 | 7:01 | ☾ |
| 14 | Fri | 10:46 | 2.1 | 10:58 | 2.2 | 4:57 | -0.1 | 5:06 | -0.1 | 7:10 | 7:02 | ☾ |
| 15 | Sat | 11:20 | 2.0 | 11:28 | 2.2 | 5:33 | -0.1 | 5:38 | -0.1 | 7:08 | 7:03 | ☾ |
| 16 | Sun | 11:55 | 1.9 | | | 6:08 | 0.0 | 6:08 | 0.0 | 7:07 | 7:04 | ☾ |
| 17 | Mon | 12:00 | 2.2 | 12:33 | 1.9 | 6:43 | 0.1 | 6:40 | 0.1 | 7:05 | 7:05 | ☾ |
| 18 | Tue | 12:39 | 2.1 | 1:20 | 1.8 | 7:22 | 0.2 | 7:16 | 0.2 | 7:04 | 7:06 | ☾ |
| 19 | Wed | 1:28 | 2.1 | 2:15 | 1.8 | 8:11 | 0.3 | 8:05 | 0.3 | 7:02 | 7:07 | ☾ |
| 20 | Thu | 2:26 | 2.1 | 3:14 | 1.8 | 9:20 | 0.3 | 9:16 | 0.3 | 7:00 | 7:08 | ☾ |
| 21 | Fri | 3:29 | 2.1 | 4:17 | 1.8 | 10:36 | 0.3 | 10:39 | 0.3 | 6:59 | 7:09 | ☾ |
| 22 | Sat | 4:35 | 2.2 | 5:24 | 1.9 | 11:43 | 0.1 | 11:52 | 0.1 | 6:57 | 7:10 | ☾ |
| 23 | Sun | 5:46 | 2.2 | 6:32 | 2.1 | | | 12:42 | -0.1 | 6:56 | 7:11 | ☾ |
| 24 | Mon | 6:54 | 2.3 | 7:32 | 2.3 | 12:55 | -0.1 | 1:35 | -0.3 | 6:54 | 7:12 | ☾ |
| 25 | Tue | 7:54 | 2.5 | 8:26 | 2.6 | 1:53 | -0.3 | 2:26 | -0.5 | 6:52 | 7:13 | ☾ |
| 26 | Wed | 8:47 | 2.6 | 9:16 | 2.7 | 2:49 | -0.5 | 3:16 | -0.6 | 6:51 | 7:14 | ☾ |
| 27 | Thu | 9:37 | 2.6 | 10:05 | 2.8 | 3:43 | -0.6 | 4:06 | -0.6 | 6:49 | 7:15 | ☾ |
| 28 | Fri | 10:27 | 2.5 | 10:53 | 2.8 | 4:35 | -0.7 | 4:54 | -0.6 | 6:48 | 7:16 | ☾ |
| 29 | Sat | 11:17 | 2.4 | 11:43 | 2.7 | 5:25 | -0.6 | 5:40 | -0.5 | 6:46 | 7:17 | ☾ |
| 30 | Sun | | | 12:09 | 2.3 | 6:13 | -0.5 | 6:25 | -0.3 | 6:44 | 7:18 | ☾ |
| 31 | Mon | 12:34 | 2.5 | 1:03 | 2.1 | 7:01 | -0.3 | 7:11 | 0.0 | 6:43 | 7:19 | ☾ |