US HARBORS www.USHarbors.com

Belmar, NJ - Mar 2045

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	**5:15**	5.1	**5:47**	4.7	**11:37**	-0.8	**11:47**	-0.8	6:28	5:48	
2	Thu	**6:07**	5.3	**6:37**	5.0			**12:26**	-1.0	6:26	5:49	
3	Fri	**6:55**	5.3	**7:24**	5.2	**12:41**	-1.0	**1:14**	-1.2	6:25	5:50	
4	Sat	**7:42**	5.2	**8:11**	5.3	**1:32**	-1.0	**1:58**	-1.1	6:23	5:51	
5	Sun	**8:29**	4.9	**8:58**	5.2	**2:20**	-0.9	**2:40**	-0.9	6:22	5:52	
6	Mon	**9:17**	4.6	**9:46**	4.9	**3:06**	-0.7	**3:21**	-0.6	6:20	5:53	
7	Tue	**10:07**	4.2	**10:35**	4.6	**3:51**	-0.4	**4:01**	-0.2	6:19	5:54	
8	Wed	**10:58**	3.8	**11:25**	4.3	**4:38**	0.0	**4:44**	0.2	6:17	5:55	
9	Thu	**11:51**	3.5			**5:32**	0.4	**5:36**	0.6	6:15	5:56	
10	Fri	**12:16**	4.1	**12:45**	3.3	**6:36**	0.7	**6:40**	0.9	6:14	5:57	
11	Sat	**1:09**	3.9	**1:41**	3.2	**7:43**	0.8	**7:49**	1.0	6:12	5:58	
12	Sun	**3:06**	3.8	**3:42**	3.2	**9:43**	0.7	**9:51**	0.9	7:11	7:00	
13	Mon	**4:08**	3.8	**4:44**	3.4	**10:36**	0.6	**10:45**	0.7	7:09	7:01	
14	Tue	**5:07**	3.9	**5:38**	3.6	**11:21**	0.4	**11:32**	0.5	7:07	7:02	
15	Wed	**5:56**	4.1	**6:22**	3.9			**12:03**	0.2	7:06	7:03	
16	Thu	**6:38**	4.3	**7:00**	4.2	**12:17**	0.3	**12:42**	0.0	7:04	7:04	
17	Fri	**7:15**	4.4	**7:35**	4.4	**1:00**	0.1	**1:20**	-0.1	7:03	7:05	
18	Sat	**7:51**	4.5	**8:07**	4.6	**1:42**	0.0	**1:57**	-0.2	7:01	7:06	
19	Sun	**8:25**	4.4	**8:38**	4.7	**2:22**	-0.1	**2:32**	-0.2	6:59	7:07	
20	Mon	**9:00**	4.3	**9:10**	4.8	**3:01**	-0.2	**3:06**	-0.2	6:58	7:08	
21	Tue	**9:36**	4.2	**9:45**	4.8	**3:39**	-0.1	**3:39**	-0.1	6:56	7:09	
22	Wed	**10:18**	4.0	**10:28**	4.7	**4:18**	0.0	**4:13**	0.0	6:54	7:10	
23	Thu	**11:08**	3.8	**11:21**	4.7	**5:01**	0.1	**4:52**	0.2	6:53	7:11	
24	Fri			**12:08**	3.7	**5:53**	0.3	**5:42**	0.4	6:51	7:12	
25	Sat	**12:23**	4.6	**1:12**	3.6	**7:03**	0.5	**6:53**	0.5	6:50	7:13	
26	Sun	**1:29**	4.5	**2:17**	3.7	**8:20**	0.5	**8:19**	0.5	6:48	7:14	
27	Mon	**2:37**	4.5	**3:25**	3.9	**9:29**	0.3	**9:35**	0.3	6:46	7:15	
28	Tue	**3:48**	4.6	**4:34**	4.2	**10:29**	0.0	**10:40**	0.0	6:45	7:16	
29	Wed	**4:56**	4.7	**5:35**	4.7	**11:21**	-0.3	**11:37**	-0.3	6:43	7:17	
30	Thu	**5:55**	4.9	**6:27**	5.1			**12:11**	-0.6	6:41	7:18	
31	Fri	**6:46**	5.1	**7:15**	5.4	**12:32**	-0.5	**12:58**	-0.7	6:40	7:19	