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# Cape May (Atlantic Ocean), NJ - Mar 2023

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Wed | 3:23 | 3.9 | 3:58 | 2.9 | 9:55 | 0.7 | 9:33 | 0.6 | 6:32 | 5:52 | |
| 2 | Thu | 4:23 | 4.0 | 4:54 | 3.0 | 10:51 | 0.5 | 10:29 | 0.5 | 6:30 | 5:53 | |
| 3 | Fri | 5:14 | 4.2 | 5:42 | 3.2 | 11:38 | 0.4 | 11:18 | 0.4 | 6:29 | 5:54 | |
| 4 | Sat | 5:59 | 4.4 | 6:26 | 3.5 | | | 12:20 | 0.2 | 6:27 | 5:55 | |
| 5 | Sun | 6:40 | 4.5 | 7:06 | 3.7 | 12:04 | 0.2 | 12:56 | 0.0 | 6:26 | 5:56 | |
| 6 | Mon | 7:19 | 4.6 | 7:43 | 4.0 | 12:45 | 0.0 | 1:29 | -0.1 | 6:24 | 5:57 | |
| 7 | Tue | 7:54 | 4.7 | 8:17 | 4.2 | 1:24 | -0.1 | 1:59 | -0.2 | 6:23 | 5:58 | |
| 8 | Wed | 8:27 | 4.6 | 8:49 | 4.3 | 2:00 | -0.2 | 2:27 | -0.2 | 6:21 | 5:59 | |
| 9 | Thu | 8:59 | 4.5 | 9:21 | 4.4 | 2:35 | -0.2 | 2:56 | -0.2 | 6:20 | 6:00 | |
| 10 | Fri | 9:31 | 4.3 | 9:54 | 4.5 | 3:12 | -0.1 | 3:26 | -0.1 | 6:18 | 6:01 | |
| 11 | Sat | 10:06 | 4.0 | 10:33 | 4.5 | 3:53 | 0.0 | 4:00 | 0.0 | 6:17 | 6:02 | |
| 12 | Sun | 11:47 | 3.8 | | | 5:40 | 0.1 | 5:41 | 0.1 | 7:15 | 7:03 | |
| 13 | Mon | 12:18 | 4.5 | 12:36 | 3.5 | 6:35 | 0.3 | 6:30 | 0.2 | 7:13 | 7:04 | |
| 14 | Tue | 1:12 | 4.5 | 1:34 | 3.3 | 7:37 | 0.4 | 7:28 | 0.3 | 7:12 | 7:05 | |
| 15 | Wed | 2:15 | 4.5 | 2:47 | 3.2 | 8:48 | 0.4 | 8:37 | 0.4 | 7:10 | 7:06 | |
| 16 | Thu | 3:31 | 4.6 | 4:13 | 3.3 | 10:04 | 0.3 | 9:57 | 0.3 | 7:09 | 7:07 | |
| 17 | Fri | 4:48 | 4.8 | 5:25 | 3.6 | 11:11 | 0.1 | 11:10 | 0.0 | 7:07 | 7:08 | |
| 18 | Sat | 5:53 | 5.1 | 6:25 | 4.1 | | | 12:09 | -0.3 | 7:06 | 7:09 | |
| 19 | Sun | 6:50 | 5.3 | 7:20 | 4.5 | 12:13 | -0.3 | 1:01 | -0.6 | 7:04 | 7:10 | |
| 20 | Mon | 7:44 | 5.5 | 8:10 | 5.0 | 1:11 | -0.6 | 1:49 | -0.8 | 7:03 | 7:11 | |
| 21 | Tue | 8:34 | 5.5 | 8:57 | 5.3 | 2:05 | -0.9 | 2:33 | -0.9 | 7:01 | 7:12 | |
| 22 | Wed | 9:20 | 5.3 | 9:41 | 5.4 | 2:55 | -0.9 | 3:15 | -0.9 | 6:59 | 7:13 | |
| 23 | Thu | 10:05 | 5.1 | 10:24 | 5.4 | 3:42 | -0.9 | 3:56 | -0.7 | 6:58 | 7:14 | |
| 24 | Fri | 10:49 | 4.7 | 11:08 | 5.2 | 4:30 | -0.6 | 4:37 | -0.4 | 6:56 | 7:15 | |
| 25 | Sat | 11:34 | 4.3 | 11:53 | 4.9 | 5:19 | -0.3 | 5:20 | -0.1 | 6:55 | 7:16 | |
| 26 | Sun | | | 12:23 | 3.8 | 6:12 | 0.1 | 6:06 | 0.3 | 6:53 | 7:17 | |
| 27 | Mon | 12:41 | 4.6 | 1:14 | 3.5 | 7:08 | 0.4 | 6:55 | 0.6 | 6:52 | 7:18 | |
| 28 | Tue | 1:32 | 4.3 | 2:10 | 3.2 | 8:07 | 0.7 | 7:48 | 0.9 | 6:50 | 7:19 | |
| 29 | Wed | 2:29 | 4.1 | 3:16 | 3.0 | 9:11 | 0.9 | 8:48 | 1.0 | 6:48 | 7:20 | |
| 30 | Thu | 3:36 | 4.0 | 4:26 | 3.1 | 10:17 | 0.9 | 9:56 | 1.0 | 6:47 | 7:21 | |
| 31 | Fri | 4:43 | 4.0 | 5:23 | 3.3 | 11:13 | 0.8 | 10:58 | 0.9 | 6:45 | 7:22 | |