US HARBORS www.USHarbors.com

Cape May (Atlantic Ocean), NJ - Mar 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	6:15	5.1	6:44	4.2			12:29	-0.5	6:31	5:52	
2	Mon	7:04	5.1	7:31	4.5	12:29	-0.6	1:13	-0.7	6:30	5:53	
3	Tue	7:49	5.1	8:13	4.7	1:17	-0.7	1:53	-0.7	6:28	5:54	
4	Wed	8:29	4.9	8:52	4.8	2:02	-0.7	2:29	-0.7	6:27	5:55	
5	Thu	9:06	4.7	9:29	4.7	2:44	-0.6	3:04	-0.5	6:25	5:56	
6	Fri	9:43	4.4	10:07	4.6	3:25	-0.3	3:39	-0.2	6:24	5:57	
7	Sat	10:21	4.0	10:46	4.4	4:07	-0.1	4:14	0.0	6:22	5:58	
8	Sun			12:01	3.6	5:52	0.2	5:51	0.3	7:21	6:59	
9	Mon	12:28	4.2	12:43	3.3	6:41	0.5	6:32	0.5	7:19	7:00	
10	Tue	1:13	4.1	1:31	3.0	7:33	0.8	7:17	0.7	7:18	7:01	
11	Wed	2:05	3.9	2:28	2.8	8:33	0.9	8:10	0.9	7:16	7:02	
12	Thu	3:07	3.8	3:42	2.8	9:41	1.0	9:17	0.9	7:15	7:03	
13	Fri	4:17	3.9	4:52	2.9	10:45	0.8	10:26	0.8	7:13	7:04	
14	Sat	5:17	4.1	5:46	3.2	11:36	0.6	11:24	0.6	7:12	7:05	
15	Sun	6:06	4.4	6:32	3.6			12:20	0.3	7:10	7:06	
16	Mon	6:51	4.6	7:15	4.0	12:15	0.3	1:00	0.0	7:08	7:07	
17	Tue	7:34	4.8	7:56	4.4	1:03	0.0	1:38	-0.2	7:07	7:08	
18	Wed	8:16	4.9	8:36	4.8	1:49	-0.3	2:15	-0.5	7:05	7:09	
19	Thu	8:58	5.0	9:16	5.1	2:33	-0.6	2:52	-0.6	7:04	7:10	
20	Fri	9:39	4.9	9:57	5.3	3:17	-0.7	3:30	-0.6	7:02	7:11	
21	Sat	10:22	4.6	10:41	5.4	4:04	-0.6	4:10	-0.6	7:01	7:12	
22	Sun	11:10	4.3	11:31	5.3	4:54	-0.5	4:55	-0.4	6:59	7:13	
23	Mon			12:03	4.0	5:52	-0.2	5:48	-0.2	6:57	7:14	
24	Tue	12:27	5.1	1:04	3.7	6:55	0.0	6:47	0.1	6:56	7:15	
25	Wed	1:29	4.9	2:11	3.5	8:03	0.2	7:53	0.3	6:54	7:16	
26	Thu	2:39	4.7	3:29	3.5	9:15	0.3	9:07	0.4	6:53	7:17	
27	Fri	3:57	4.7	4:44	3.6	10:25	0.3	10:21	0.3	6:51	7:18	
28	Sat	5:07	4.7	5:45	4.0	11:25	0.1	11:27	0.2	6:50	7:19	
29	Sun	6:05	4.8	6:37	4.3			12:16	-0.1	6:48	7:20	
30	Mon	6:56	4.8	7:23	4.6	12:24	0.0	1:02	-0.2	6:46	7:21	
31	Tue	7:42	4.8	8:06	4.9	1:15	-0.2	1:43	-0.3	6:45	7:22	