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# Cape May (Atlantic Ocean), NJ - Mar 2029

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Thu | 8:09 | 5.4 | 8:35 | 5.3 | 1:42 | -1.2 | 2:11 | -1.1 | 6:31 | 5:52 | |
| 2 | Fri | 8:56 | 5.2 | 9:23 | 5.4 | 2:31 | -1.2 | 2:54 | -1.1 | 6:29 | 5:53 | |
| 3 | Sat | 9:44 | 4.9 | 10:13 | 5.4 | 3:22 | -1.1 | 3:40 | -0.9 | 6:28 | 5:54 | |
| 4 | Sun | 10:35 | 4.5 | 11:07 | 5.2 | 4:18 | -0.8 | 4:30 | -0.7 | 6:26 | 5:55 | |
| 5 | Mon | 11:31 | 4.1 | | | 5:18 | -0.5 | 5:26 | -0.4 | 6:25 | 5:56 | |
| 6 | Tue | 12:05 | 5.0 | 12:31 | 3.7 | 6:21 | -0.1 | 6:25 | -0.1 | 6:23 | 5:57 | |
| 7 | Wed | 1:06 | 4.7 | 1:37 | 3.4 | 7:27 | 0.1 | 7:28 | 0.2 | 6:22 | 5:58 | |
| 8 | Thu | 2:15 | 4.5 | 2:53 | 3.3 | 8:37 | 0.3 | 8:38 | 0.3 | 6:20 | 5:59 | |
| 9 | Fri | 3:27 | 4.4 | 4:03 | 3.4 | 9:44 | 0.3 | 9:46 | 0.3 | 6:19 | 6:00 | |
| 10 | Sat | 4:29 | 4.4 | 4:59 | 3.6 | 10:41 | 0.2 | 10:44 | 0.2 | 6:17 | 6:01 | |
| 11 | Sun | 6:20 | 4.5 | 6:47 | 3.8 | | | 12:29 | 0.1 | 7:16 | 7:02 | |
| 12 | Mon | 7:06 | 4.6 | 7:30 | 4.1 | 12:35 | 0.1 | 1:12 | -0.1 | 7:14 | 7:03 | |
| 13 | Tue | 7:48 | 4.6 | 8:09 | 4.3 | 1:21 | -0.1 | 1:50 | -0.2 | 7:13 | 7:04 | |
| 14 | Wed | 8:26 | 4.6 | 8:45 | 4.5 | 2:03 | -0.2 | 2:24 | -0.2 | 7:11 | 7:05 | |
| 15 | Thu | 9:02 | 4.6 | 9:18 | 4.6 | 2:41 | -0.2 | 2:56 | -0.2 | 7:10 | 7:06 | |
| 16 | Fri | 9:36 | 4.4 | 9:50 | 4.6 | 3:17 | -0.2 | 3:26 | -0.2 | 7:08 | 7:07 | |
| 17 | Sat | 10:10 | 4.2 | 10:23 | 4.6 | 3:51 | -0.1 | 3:55 | 0.0 | 7:06 | 7:08 | |
| 18 | Sun | 10:43 | 4.0 | 10:55 | 4.5 | 4:26 | 0.1 | 4:25 | 0.1 | 7:05 | 7:09 | |
| 19 | Mon | 11:18 | 3.7 | 11:31 | 4.4 | 5:04 | 0.3 | 4:57 | 0.3 | 7:03 | 7:10 | |
| 20 | Tue | 11:56 | 3.5 | | | 5:46 | 0.5 | 5:35 | 0.4 | 7:02 | 7:11 | |
| 21 | Wed | 12:12 | 4.3 | 12:40 | 3.3 | 6:35 | 0.7 | 6:20 | 0.6 | 7:00 | 7:12 | |
| 22 | Thu | 12:59 | 4.3 | 1:32 | 3.2 | 7:28 | 0.8 | 7:14 | 0.6 | 6:59 | 7:13 | |
| 23 | Fri | 1:53 | 4.2 | 2:35 | 3.2 | 8:29 | 0.8 | 8:16 | 0.6 | 6:57 | 7:14 | |
| 24 | Sat | 2:59 | 4.3 | 3:50 | 3.3 | 9:36 | 0.7 | 9:29 | 0.5 | 6:55 | 7:15 | |
| 25 | Sun | 4:12 | 4.4 | 4:57 | 3.7 | 10:39 | 0.4 | 10:40 | 0.3 | 6:54 | 7:16 | |
| 26 | Mon | 5:17 | 4.7 | 5:53 | 4.2 | 11:33 | 0.1 | 11:42 | -0.1 | 6:52 | 7:17 | |
| 27 | Tue | 6:13 | 4.9 | 6:45 | 4.8 | | | 12:23 | -0.3 | 6:51 | 7:18 | |
| 28 | Wed | 7:06 | 5.2 | 7:35 | 5.3 | 12:40 | -0.5 | 1:11 | -0.6 | 6:49 | 7:19 | |
| 29 | Thu | 7:58 | 5.3 | 8:25 | 5.7 | 1:35 | -0.8 | 1:58 | -0.9 | 6:48 | 7:20 | |
| 30 | Fri | 8:49 | 5.3 | 9:14 | 5.9 | 2:27 | -1.1 | 2:44 | -1.0 | 6:46 | 7:21 | |
| 31 | Sat | 9:38 | 5.1 | 10:02 | 6.0 | 3:18 | -1.1 | 3:29 | -0.9 | 6:44 | 7:22 | |