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# Cape May (Atlantic Ocean), NJ - Mar 2031

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sat | 1:20 | 3.9 | 1:51 | 3.1 | 7:49 | 0.7 | 7:37 | 0.6 | 6:31 | 5:52 | |
| 2 | Sun | 2:21 | 3.8 | 2:57 | 3.0 | 8:53 | 0.8 | 8:38 | 0.7 | 6:30 | 5:53 | |
| 3 | Mon | 3:27 | 3.8 | 4:00 | 3.1 | 9:53 | 0.7 | 9:39 | 0.6 | 6:29 | 5:54 | |
| 4 | Tue | 4:23 | 4.0 | 4:52 | 3.3 | 10:44 | 0.5 | 10:32 | 0.4 | 6:27 | 5:55 | |
| 5 | Wed | 5:11 | 4.2 | 5:38 | 3.6 | 11:27 | 0.3 | 11:20 | 0.2 | 6:26 | 5:56 | |
| 6 | Thu | 5:55 | 4.4 | 6:21 | 3.9 | | | 12:07 | 0.1 | 6:24 | 5:57 | |
| 7 | Fri | 6:36 | 4.6 | 7:01 | 4.2 | 12:05 | 0.0 | 12:44 | -0.1 | 6:23 | 5:58 | |
| 8 | Sat | 7:15 | 4.7 | 7:39 | 4.5 | 12:47 | -0.2 | 1:18 | -0.3 | 6:21 | 5:59 | |
| 9 | Sun | 8:53 | 4.7 | 9:16 | 4.7 | 1:28 | -0.4 | 2:52 | -0.4 | 7:20 | 7:00 | |
| 10 | Mon | 9:30 | 4.7 | 9:52 | 4.9 | 3:08 | -0.5 | 3:26 | -0.5 | 7:18 | 7:01 | |
| 11 | Tue | 10:08 | 4.6 | 10:31 | 4.9 | 3:48 | -0.5 | 4:02 | -0.5 | 7:16 | 7:02 | |
| 12 | Wed | 10:48 | 4.4 | 11:15 | 5.0 | 4:33 | -0.4 | 4:42 | -0.4 | 7:15 | 7:03 | |
| 13 | Thu | 11:35 | 4.2 | | | 5:23 | -0.3 | 5:29 | -0.3 | 7:13 | 7:04 | |
| 14 | Fri | 12:06 | 4.9 | 12:28 | 3.9 | 6:20 | -0.1 | 6:24 | -0.1 | 7:12 | 7:05 | |
| 15 | Sat | 1:03 | 4.8 | 1:29 | 3.7 | 7:22 | 0.0 | 7:25 | 0.0 | 7:10 | 7:06 | |
| 16 | Sun | 2:06 | 4.7 | 2:38 | 3.6 | 8:29 | 0.1 | 8:33 | 0.1 | 7:09 | 7:07 | |
| 17 | Mon | 3:17 | 4.7 | 3:56 | 3.7 | 9:39 | 0.1 | 9:47 | 0.1 | 7:07 | 7:08 | |
| 18 | Tue | 4:31 | 4.8 | 5:07 | 4.0 | 10:46 | 0.0 | 10:57 | -0.1 | 7:06 | 7:09 | |
| 19 | Wed | 5:35 | 4.9 | 6:06 | 4.3 | 11:44 | -0.3 | 11:59 | -0.3 | 7:04 | 7:10 | |
| 20 | Thu | 6:32 | 5.0 | 7:00 | 4.7 | | | 12:36 | -0.5 | 7:02 | 7:11 | |
| 21 | Fri | 7:24 | 5.1 | 7:49 | 5.0 | 12:55 | -0.5 | 1:25 | -0.6 | 7:01 | 7:12 | |
| 22 | Sat | 8:13 | 5.1 | 8:35 | 5.2 | 1:47 | -0.7 | 2:09 | -0.7 | 6:59 | 7:13 | |
| 23 | Sun | 8:58 | 5.0 | 9:17 | 5.3 | 2:35 | -0.7 | 2:51 | -0.7 | 6:58 | 7:14 | |
| 24 | Mon | 9:40 | 4.9 | 9:57 | 5.2 | 3:19 | -0.7 | 3:30 | -0.6 | 6:56 | 7:15 | |
| 25 | Tue | 10:20 | 4.6 | 10:36 | 5.1 | 4:02 | -0.5 | 4:08 | -0.3 | 6:55 | 7:16 | |
| 26 | Wed | 11:01 | 4.3 | 11:17 | 4.8 | 4:46 | -0.2 | 4:46 | 0.0 | 6:53 | 7:17 | |
| 27 | Thu | 11:44 | 4.0 | 11:59 | 4.6 | 5:32 | 0.1 | 5:27 | 0.2 | 6:51 | 7:18 | |
| 28 | Fri | | | 12:30 | 3.7 | 6:21 | 0.4 | 6:12 | 0.5 | 6:50 | 7:19 | |
| 29 | Sat | 12:45 | 4.4 | 1:19 | 3.4 | 7:12 | 0.6 | 7:00 | 0.7 | 6:48 | 7:20 | |
| 30 | Sun | 1:34 | 4.1 | 2:13 | 3.3 | 8:06 | 0.8 | 7:52 | 0.9 | 6:47 | 7:21 | |
| 31 | Mon | 2:29 | 4.0 | 3:15 | 3.3 | 9:04 | 0.9 | 8:52 | 1.0 | 6:45 | 7:22 | |