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# Cape May Harbor, NJ - Mar 2029

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Thu | 8:08 | 5.3 | 8:34 | 5.2 | 1:40 | -1.2 | 2:09 | -1.1 | 6:31 | 5:52 | |
| 2 | Fri | 8:55 | 5.1 | 9:22 | 5.3 | 2:29 | -1.2 | 2:52 | -1.1 | 6:29 | 5:53 | |
| 3 | Sat | 9:43 | 4.8 | 10:12 | 5.3 | 3:20 | -1.1 | 3:38 | -0.9 | 6:28 | 5:54 | |
| 4 | Sun | 10:34 | 4.4 | 11:06 | 5.1 | 4:16 | -0.8 | 4:28 | -0.7 | 6:26 | 5:55 | |
| 5 | Mon | 11:30 | 4.0 | | | 5:16 | -0.5 | 5:24 | -0.4 | 6:25 | 5:56 | |
| 6 | Tue | 12:04 | 4.9 | 12:30 | 3.6 | 6:19 | -0.1 | 6:23 | -0.1 | 6:23 | 5:57 | |
| 7 | Wed | 1:05 | 4.6 | 1:36 | 3.4 | 7:25 | 0.1 | 7:26 | 0.2 | 6:22 | 5:58 | |
| 8 | Thu | 2:14 | 4.4 | 2:52 | 3.2 | 8:35 | 0.3 | 8:36 | 0.3 | 6:20 | 5:59 | |
| 9 | Fri | 3:26 | 4.3 | 4:02 | 3.3 | 9:42 | 0.3 | 9:44 | 0.3 | 6:19 | 6:00 | |
| 10 | Sat | 4:28 | 4.3 | 4:58 | 3.5 | 10:39 | 0.2 | 10:42 | 0.2 | 6:17 | 6:01 | |
| 11 | Sun | 6:19 | 4.4 | 6:46 | 3.8 | | | 12:27 | 0.1 | 7:16 | 7:02 | |
| 12 | Mon | 7:05 | 4.5 | 7:29 | 4.0 | 12:33 | 0.1 | 1:10 | -0.1 | 7:14 | 7:03 | |
| 13 | Tue | 7:47 | 4.5 | 8:08 | 4.2 | 1:19 | -0.1 | 1:48 | -0.2 | 7:12 | 7:04 | |
| 14 | Wed | 8:25 | 4.5 | 8:44 | 4.4 | 2:01 | -0.2 | 2:22 | -0.2 | 7:11 | 7:05 | |
| 15 | Thu | 9:01 | 4.5 | 9:17 | 4.5 | 2:39 | -0.2 | 2:54 | -0.2 | 7:09 | 7:06 | |
| 16 | Fri | 9:35 | 4.4 | 9:49 | 4.5 | 3:15 | -0.2 | 3:24 | -0.2 | 7:08 | 7:07 | |
| 17 | Sat | 10:09 | 4.2 | 10:22 | 4.5 | 3:49 | -0.1 | 3:53 | 0.0 | 7:06 | 7:08 | |
| 18 | Sun | 10:42 | 3.9 | 10:54 | 4.4 | 4:24 | 0.1 | 4:23 | 0.1 | 7:05 | 7:09 | |
| 19 | Mon | 11:17 | 3.7 | 11:30 | 4.3 | 5:02 | 0.3 | 4:55 | 0.3 | 7:03 | 7:10 | |
| 20 | Tue | 11:55 | 3.4 | | | 5:44 | 0.5 | 5:33 | 0.4 | 7:02 | 7:11 | |
| 21 | Wed | 12:11 | 4.2 | 12:39 | 3.2 | 6:33 | 0.7 | 6:18 | 0.6 | 7:00 | 7:12 | |
| 22 | Thu | 12:58 | 4.2 | 1:31 | 3.1 | 7:26 | 0.8 | 7:12 | 0.6 | 6:58 | 7:13 | |
| 23 | Fri | 1:52 | 4.1 | 2:34 | 3.1 | 8:27 | 0.8 | 8:14 | 0.6 | 6:57 | 7:14 | |
| 24 | Sat | 2:58 | 4.2 | 3:49 | 3.3 | 9:34 | 0.7 | 9:27 | 0.5 | 6:55 | 7:15 | |
| 25 | Sun | 4:11 | 4.3 | 4:56 | 3.6 | 10:37 | 0.4 | 10:38 | 0.3 | 6:54 | 7:16 | |
| 26 | Mon | 5:16 | 4.6 | 5:52 | 4.1 | 11:31 | 0.1 | 11:40 | -0.1 | 6:52 | 7:17 | |
| 27 | Tue | 6:12 | 4.9 | 6:44 | 4.7 | | | 12:21 | -0.3 | 6:50 | 7:18 | |
| 28 | Wed | 7:05 | 5.1 | 7:34 | 5.2 | 12:38 | -0.5 | 1:09 | -0.6 | 6:49 | 7:19 | |
| 29 | Thu | 7:57 | 5.2 | 8:24 | 5.6 | 1:33 | -0.8 | 1:56 | -0.9 | 6:47 | 7:20 | |
| 30 | Fri | 8:48 | 5.2 | 9:13 | 5.8 | 2:25 | -1.1 | 2:42 | -1.0 | 6:46 | 7:21 | |
| 31 | Sat | 9:37 | 5.0 | 10:01 | 5.9 | 3:16 | -1.1 | 3:27 | -0.9 | 6:44 | 7:22 | |