



Cape May Harbor, NJ - Mar 2023

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Tue | 7:41 | 5.5 | 8:05 | 5.1 | 1:10 | -1.2 | 1:42 | -1.3 | 6:31 | 5:52 | ☀ |
| 2 | Wed | 8:30 | 5.5 | 8:54 | 5.3 | 2:01 | -1.3 | 2:28 | -1.3 | 6:29 | 5:53 | ☀ |
| 3 | Thu | 9:19 | 5.3 | 9:43 | 5.3 | 2:52 | -1.2 | 3:15 | -1.2 | 6:28 | 5:54 | ☀ |
| 4 | Fri | 10:10 | 5.0 | 10:36 | 5.2 | 3:45 | -1.0 | 4:04 | -1.0 | 6:26 | 5:55 | ☀ |
| 5 | Sat | 11:04 | 4.5 | 11:31 | 4.9 | 4:42 | -0.7 | 4:57 | -0.7 | 6:25 | 5:56 | ☀ |
| 6 | Sun | | | 12:00 | 4.1 | 5:43 | -0.4 | 5:52 | -0.3 | 6:23 | 5:57 | ☀ |
| 7 | Mon | 12:29 | 4.7 | 1:00 | 3.8 | 6:45 | -0.1 | 6:50 | 0.0 | 6:22 | 5:58 | ☀ |
| 8 | Tue | 1:30 | 4.4 | 2:05 | 3.5 | 7:50 | 0.2 | 7:52 | 0.2 | 6:20 | 5:59 | ☀ |
| 9 | Wed | 2:37 | 4.2 | 3:15 | 3.4 | 8:58 | 0.3 | 8:58 | 0.3 | 6:19 | 6:00 | ☀ |
| 10 | Thu | 3:44 | 4.2 | 4:17 | 3.5 | 10:00 | 0.3 | 9:59 | 0.3 | 6:17 | 6:01 | ☀ |
| 11 | Fri | 4:40 | 4.2 | 5:08 | 3.7 | 10:53 | 0.2 | 10:52 | 0.2 | 6:16 | 6:02 | ☀ |
| 12 | Sat | 5:29 | 4.3 | 5:54 | 3.9 | 11:39 | 0.1 | 11:40 | 0.1 | 6:14 | 6:03 | ☀ |
| 13 | Sun | 7:12 | 4.4 | 7:36 | 4.1 | | | 1:20 | 0.0 | 7:12 | 7:04 | ☀ |
| 14 | Mon | 7:53 | 4.5 | 8:15 | 4.3 | 1:24 | -0.1 | 1:57 | -0.1 | 7:11 | 7:05 | ☀ |
| 15 | Tue | 8:30 | 4.5 | 8:52 | 4.4 | 2:04 | -0.2 | 2:31 | -0.2 | 7:09 | 7:06 | ☀ |
| 16 | Wed | 9:06 | 4.5 | 9:26 | 4.5 | 2:42 | -0.2 | 3:03 | -0.2 | 7:08 | 7:07 | ☀ |
| 17 | Thu | 9:39 | 4.4 | 9:59 | 4.5 | 3:17 | -0.2 | 3:33 | -0.1 | 7:06 | 7:08 | ☀ |
| 18 | Fri | 10:12 | 4.2 | 10:32 | 4.5 | 3:52 | -0.1 | 4:02 | 0.0 | 7:05 | 7:09 | ☀ |
| 19 | Sat | 10:45 | 4.0 | 11:06 | 4.4 | 4:27 | 0.0 | 4:33 | 0.1 | 7:03 | 7:10 | ☀ |
| 20 | Sun | 11:20 | 3.8 | 11:44 | 4.3 | 5:06 | 0.2 | 5:07 | 0.3 | 7:01 | 7:11 | ☀ |
| 21 | Mon | | | 12:00 | 3.6 | 5:50 | 0.4 | 5:48 | 0.4 | 7:00 | 7:12 | ☀ |
| 22 | Tue | 12:27 | 4.3 | 12:46 | 3.5 | 6:40 | 0.5 | 6:37 | 0.5 | 6:58 | 7:13 | ☀ |
| 23 | Wed | 1:16 | 4.3 | 1:40 | 3.4 | 7:35 | 0.5 | 7:33 | 0.5 | 6:57 | 7:14 | ☀ |
| 24 | Thu | 2:15 | 4.3 | 2:46 | 3.4 | 8:38 | 0.5 | 8:40 | 0.5 | 6:55 | 7:15 | ☀ |
| 25 | Fri | 3:24 | 4.4 | 4:02 | 3.6 | 9:46 | 0.4 | 9:54 | 0.3 | 6:54 | 7:16 | ☀ |
| 26 | Sat | 4:35 | 4.6 | 5:10 | 4.0 | 10:49 | 0.1 | 11:02 | 0.0 | 6:52 | 7:17 | ☀ |
| 27 | Sun | 5:37 | 4.9 | 6:07 | 4.5 | 11:45 | -0.3 | | | 6:50 | 7:18 | ☀ |
| 28 | Mon | 6:34 | 5.1 | 7:01 | 5.0 | 12:03 | -0.4 | 12:38 | -0.6 | 6:49 | 7:19 | ☀ |
| 29 | Tue | 7:28 | 5.3 | 7:54 | 5.4 | 1:01 | -0.7 | 1:28 | -0.9 | 6:47 | 7:20 | ☀ |
| 30 | Wed | 8:21 | 5.4 | 8:45 | 5.7 | 1:56 | -1.0 | 2:17 | -1.1 | 6:46 | 7:21 | ☀ |
| 31 | Thu | 9:12 | 5.4 | 9:34 | 5.8 | 2:48 | -1.1 | 3:04 | -1.1 | 6:44 | 7:22 | ☀ |