

































## East Point, Maurice River Cove, NJ - Mar 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	4:24	5.5	4:59	3.9	11:21	0.7	11:08	0.5	6:31	5:52	
2	Fri	5:30	5.5	6:01	4.1			12:25	0.6	6:30	5:53	
3	Sat	6:25	5.5	6:51	4.3	12:11	0.5	1:18	0.5	6:28	5:54	
4	Sun	7:13	5.6	7:35	4.6	1:07	0.3	2:02	0.3	6:27	5:55	
5	Mon	7:54	5.7	8:13	4.9	1:55	0.2	2:38	0.2	6:26	5:56	
6	Tue	8:31	5.8	8:48	5.2	2:37	0.0	3:09	0.0	6:24	5:57	
7	Wed	9:06	5.8	9:21	5.4	3:14	-0.1	3:38	0.0	6:22	5:58	
8	Thu	9:39	5.7	9:53	5.5	3:48	-0.2	4:06	-0.1	6:21	5:59	
9	Fri	10:12	5.5	10:26	5.7	4:22	-0.1	4:35	-0.1	6:19	6:01	
10	Sat	10:45	5.3	11:00	5.7	4:57	0.0	5:06	0.0	6:18	6:02	
11	Sun			12:20	5.0	6:35	0.2	6:39	0.1	7:16	7:03	
12	Mon	12:36	5.7	12:57	4.7	7:16	0.4	7:17	0.3	7:15	7:04	
13	Tue	1:16	5.7	1:38	4.4	8:02	0.6	8:01	0.4	7:13	7:05	
14	Wed	2:02	5.6	2:25	4.2	8:54	0.8	8:51	0.5	7:12	7:06	
15	Thu	2:55	5.6	3:23	4.1	9:53	0.9	9:49	0.5	7:10	7:07	
16	Fri	3:58	5.6	4:34	4.1	10:58	0.8	10:55	0.5	7:09	7:08	
17	Sat	5:10	5.7	5:48	4.4			12:04	0.6	7:07	7:09	
18	Sun	6:18	6.0	6:52	4.9	12:04	0.3	1:06	0.3	7:05	7:10	
19	Mon	7:19	6.3	7:49	5.5	1:09	-0.1	2:01	-0.1	7:04	7:11	
20	Tue	8:15	6.5	8:42	6.1	2:11	-0.5	2:53	-0.5	7:02	7:12	
21	Wed	9:07	6.7	9:32	6.7	3:09	-0.9	3:40	-0.9	7:01	7:13	
22	Thu	9:58	6.7	10:21	7.1	4:03	-1.2	4:26	-1.1	6:59	7:14	
23	Fri	10:46	6.5	11:09	7.2	4:54	-1.3	5:10	-1.1	6:57	7:15	
24	Sat	11:35	6.1	11:58	7.2	5:45	-1.1	5:55	-0.9	6:56	7:16	
25	Sun			12:24	5.7	6:37	-0.8	6:42	-0.5	6:54	7:17	
26	Mon	12:48	6.9	1:16	5.2	7:32	-0.3	7:33	-0.1	6:53	7:18	
27	Tue	1:41	6.6	2:10	4.8	8:31	0.1	8:28	0.3	6:51	7:19	
28	Wed	2:37	6.1	3:09	4.4	9:34	0.6	9:28	0.7	6:50	7:20	
29	Thu	3:40	5.7	4:18	4.2	10:40	0.9	10:33	0.9	6:48	7:21	
30	Fri	4:49	5.5	5:30	4.2	11:48	1.0	11:42	1.0	6:46	7:21	
31	Sat	5:56	5.4	6:31	4.5			12:49	1.0	6:45	7:22	