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# Highlands, NJ - Mar 2007

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Thu | 6:14 | 4.2 | 6:40 | 3.8 | | | 12:37 | -0.2 | 6:29 | 5:46 | |
| 2 | Fri | 6:56 | 4.3 | 7:21 | 4.0 | 12:39 | 0.0 | 1:18 | -0.3 | 6:28 | 5:48 | |
| 3 | Sat | 7:35 | 4.3 | 7:59 | 4.2 | 1:24 | -0.1 | 1:57 | -0.3 | 6:26 | 5:49 | |
| 4 | Sun | 8:11 | 4.3 | 8:36 | 4.2 | 2:06 | -0.2 | 2:32 | -0.3 | 6:25 | 5:50 | |
| 5 | Mon | 8:46 | 4.1 | 9:11 | 4.2 | 2:45 | -0.2 | 3:05 | -0.3 | 6:23 | 5:51 | |
| 6 | Tue | 9:21 | 4.0 | 9:45 | 4.1 | 3:22 | -0.1 | 3:36 | -0.1 | 6:21 | 5:52 | |
| 7 | Wed | 9:55 | 3.7 | 10:19 | 4.0 | 3:57 | 0.0 | 4:04 | 0.0 | 6:20 | 5:53 | |
| 8 | Thu | 10:31 | 3.5 | 10:54 | 3.9 | 4:31 | 0.2 | 4:31 | 0.2 | 6:18 | 5:54 | |
| 9 | Fri | 11:10 | 3.3 | 11:33 | 3.8 | 5:07 | 0.4 | 4:59 | 0.4 | 6:17 | 5:55 | |
| 10 | Sat | 11:55 | 3.1 | | | 5:48 | 0.6 | 5:32 | 0.6 | 6:15 | 5:56 | |
| 11 | Sun | 12:18 | 3.7 | 1:47 | 3.0 | 7:45 | 0.7 | 7:22 | 0.8 | 7:14 | 6:57 | |
| 12 | Mon | 2:11 | 3.7 | 2:45 | 3.0 | 9:00 | 0.8 | 8:44 | 0.9 | 7:12 | 6:59 | |
| 13 | Tue | 3:11 | 3.8 | 3:49 | 3.0 | 10:12 | 0.7 | 10:09 | 0.8 | 7:10 | 7:00 | |
| 14 | Wed | 4:18 | 3.9 | 5:00 | 3.3 | 11:13 | 0.4 | 11:17 | 0.5 | 7:09 | 7:01 | |
| 15 | Thu | 5:28 | 4.2 | 6:04 | 3.6 | | | 12:06 | 0.1 | 7:07 | 7:02 | |
| 16 | Fri | 6:28 | 4.5 | 6:58 | 4.1 | 12:15 | 0.1 | 12:55 | -0.3 | 7:05 | 7:03 | |
| 17 | Sat | 7:21 | 4.8 | 7:46 | 4.6 | 1:09 | -0.3 | 1:42 | -0.6 | 7:04 | 7:04 | |
| 18 | Sun | 8:09 | 5.0 | 8:33 | 5.0 | 2:03 | -0.6 | 2:29 | -0.9 | 7:02 | 7:05 | |
| 19 | Mon | 8:56 | 5.0 | 9:19 | 5.2 | 2:55 | -0.8 | 3:15 | -1.0 | 7:01 | 7:06 | |
| 20 | Tue | 9:44 | 4.9 | 10:07 | 5.3 | 3:46 | -0.9 | 4:01 | -1.0 | 6:59 | 7:07 | |
| 21 | Wed | 10:35 | 4.7 | 10:57 | 5.2 | 4:36 | -0.9 | 4:45 | -0.8 | 6:57 | 7:08 | |
| 22 | Thu | 11:28 | 4.4 | 11:51 | 4.9 | 5:25 | -0.7 | 5:31 | -0.5 | 6:56 | 7:09 | |
| 23 | Fri | | | 12:27 | 4.1 | 6:18 | -0.3 | 6:20 | -0.2 | 6:54 | 7:10 | |
| 24 | Sat | 12:49 | 4.6 | 1:27 | 3.8 | 7:17 | 0.0 | 7:17 | 0.3 | 6:52 | 7:11 | |
| 25 | Sun | 1:49 | 4.4 | 2:28 | 3.6 | 8:26 | 0.3 | 8:27 | 0.6 | 6:51 | 7:12 | |
| 26 | Mon | 2:49 | 4.1 | 3:29 | 3.5 | 9:37 | 0.4 | 9:41 | 0.7 | 6:49 | 7:13 | |
| 27 | Tue | 3:51 | 3.9 | 4:33 | 3.5 | 10:42 | 0.4 | 10:47 | 0.7 | 6:47 | 7:14 | |
| 28 | Wed | 4:56 | 3.9 | 5:35 | 3.7 | 11:36 | 0.3 | 11:43 | 0.5 | 6:46 | 7:15 | |
| 29 | Thu | 5:57 | 3.9 | 6:29 | 3.9 | | | 12:23 | 0.2 | 6:44 | 7:16 | |
| 30 | Fri | 6:47 | 4.0 | 7:14 | 4.1 | 12:32 | 0.4 | 1:04 | 0.1 | 6:42 | 7:17 | |
| 31 | Sat | 7:29 | 4.1 | 7:53 | 4.4 | 1:17 | 0.2 | 1:42 | 0.0 | 6:41 | 7:18 | |