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# Highlands, NJ - Mar 2010

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Mon | **8:14** | 5.1 | **8:44** | 5.1 | **2:10** | -1.1 | **2:39** | -1.2 | 6:29 | 5:47 | |
| 2 | Tue | **9:03** | 4.9 | **9:33** | 5.1 | **3:01** | -1.1 | **3:24** | -1.1 | 6:27 | 5:48 | |
| 3 | Wed | **9:52** | 4.6 | **10:23** | 4.9 | **3:49** | -0.9 | **4:08** | -0.9 | 6:26 | 5:49 | |
| 4 | Thu | **10:44** | 4.2 | **11:14** | 4.6 | **4:37** | -0.6 | **4:51** | -0.5 | 6:24 | 5:50 | |
| 5 | Fri | **11:38** | 3.9 | | | **5:26** | -0.3 | **5:37** | -0.1 | 6:23 | 5:51 | |
| 6 | Sat | **12:07** | 4.3 | **12:33** | 3.6 | **6:21** | 0.1 | **6:30** | 0.3 | 6:21 | 5:52 | |
| 7 | Sun | **1:01** | 4.1 | **1:28** | 3.3 | **7:24** | 0.4 | **7:34** | 0.6 | 6:19 | 5:53 | |
| 8 | Mon | **1:54** | 3.8 | **2:24** | 3.2 | **8:31** | 0.6 | **8:41** | 0.8 | 6:18 | 5:54 | |
| 9 | Tue | **2:50** | 3.7 | **3:23** | 3.2 | **9:32** | 0.6 | **9:43** | 0.7 | 6:16 | 5:56 | |
| 10 | Wed | **3:51** | 3.7 | **4:25** | 3.3 | **10:26** | 0.5 | **10:37** | 0.6 | 6:15 | 5:57 | |
| 11 | Thu | **4:50** | 3.8 | **5:20** | 3.5 | **11:12** | 0.3 | **11:25** | 0.4 | 6:13 | 5:58 | |
| 12 | Fri | **5:40** | 3.9 | **6:06** | 3.7 | **11:54** | 0.1 | | | 6:11 | 5:59 | |
| 13 | Sat | **6:24** | 4.1 | **6:46** | 4.0 | **12:09** | 0.2 | **12:34** | 0.0 | 6:10 | 6:00 | |
| 14 | Sun | **8:02** | 4.2 | **8:22** | 4.2 | **12:52** | 0.1 | **2:12** | -0.1 | 7:08 | 7:01 | |
| 15 | Mon | **8:38** | 4.2 | **8:55** | 4.3 | **2:34** | 0.0 | **2:50** | -0.2 | 7:07 | 7:02 | |
| 16 | Tue | **9:13** | 4.2 | **9:26** | 4.4 | **3:15** | -0.1 | **3:25** | -0.2 | 7:05 | 7:03 | |
| 17 | Wed | **9:47** | 4.1 | **9:57** | 4.4 | **3:53** | -0.1 | **3:59** | -0.2 | 7:03 | 7:04 | |
| 18 | Thu | **10:21** | 3.9 | **10:28** | 4.4 | **4:29** | -0.1 | **4:30** | -0.1 | 7:02 | 7:05 | |
| 19 | Fri | **10:58** | 3.8 | **11:04** | 4.4 | **5:06** | 0.0 | **5:02** | 0.0 | 7:00 | 7:06 | |
| 20 | Sat | **11:41** | 3.6 | **11:50** | 4.3 | **5:43** | 0.1 | **5:36** | 0.1 | 6:58 | 7:07 | |
| 21 | Sun | | | **12:35** | 3.5 | **6:28** | 0.3 | **6:19** | 0.3 | 6:57 | 7:08 | |
| 22 | Mon | **12:46** | 4.3 | **1:35** | 3.4 | **7:27** | 0.4 | **7:18** | 0.4 | 6:55 | 7:09 | |
| 23 | Tue | **1:49** | 4.2 | **2:38** | 3.5 | **8:43** | 0.5 | **8:39** | 0.5 | 6:54 | 7:10 | |
| 24 | Wed | **2:55** | 4.2 | **3:44** | 3.6 | **9:56** | 0.4 | **10:01** | 0.4 | 6:52 | 7:11 | |
| 25 | Thu | **4:05** | 4.3 | **4:52** | 3.9 | **10:59** | 0.1 | **11:10** | 0.1 | 6:50 | 7:13 | |
| 26 | Fri | **5:15** | 4.4 | **5:57** | 4.3 | **11:55** | -0.2 | | | 6:49 | 7:14 | |
| 27 | Sat | **6:19** | 4.6 | **6:55** | 4.8 | **12:10** | -0.3 | **12:46** | -0.5 | 6:47 | 7:15 | |
| 28 | Sun | **7:15** | 4.8 | **7:45** | 5.1 | **1:07** | -0.5 | **1:36** | -0.7 | 6:45 | 7:16 | |
| 29 | Mon | **8:05** | 4.9 | **8:33** | 5.3 | **2:01** | -0.7 | **2:24** | -0.8 | 6:44 | 7:17 | |
| 30 | Tue | **8:54** | 4.9 | **9:20** | 5.4 | **2:53** | -0.8 | **3:12** | -0.8 | 6:42 | 7:18 | |
| 31 | Wed | **9:41** | 4.7 | **10:06** | 5.3 | **3:43** | -0.8 | **3:57** | -0.7 | 6:40 | 7:19 | |