


























Highlands, NJ - Mar 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	11:23	3.3	11:53	3.8	5:23	0.4	5:15	0.4	6:28	5:47	
2	Sat			12:13	3.1	6:11	0.6	5:55	0.5	6:26	5:49	
3	Sun	12:43	3.8	1:10	3.0	7:20	0.7	6:59	0.7	6:25	5:50	
4	Mon	1:41	3.9	2:14	3.0	8:40	0.6	8:30	0.6	6:23	5:51	
5	Tue	2:48	4.0	3:27	3.1	9:49	0.4	9:48	0.4	6:22	5:52	
6	Wed	4:01	4.2	4:40	3.4	10:49	0.1	10:53	0.1	6:20	5:53	
7	Thu	5:09	4.5	5:42	3.9	11:42	-0.3	11:51	-0.3	6:18	5:54	
8	Fri	6:07	4.8	6:35	4.4			12:33	-0.6	6:17	5:55	
9	Sat	6:58	5.1	7:24	4.8	12:47	-0.6	1:22	-0.9	6:15	5:56	
10	Sun	8:47	5.2	9:12	5.0	1:41	-0.9	3:09	-1.1	7:14	6:57	
11	Mon	9:35	5.1	10:00	5.1	3:33	-1.0	3:55	-1.1	7:12	6:58	
12	Tue	10:25	4.9	10:50	5.1	4:24	-1.0	4:39	-1.0	7:10	6:59	
13	Wed	11:16	4.6	11:41	4.9	5:12	-0.8	5:23	-0.8	7:09	7:01	
14	Thu			12:10	4.2	6:02	-0.5	6:08	-0.4	7:07	7:02	
15	Fri	12:35	4.6	1:07	3.9	6:57	-0.1	6:58	0.1	7:06	7:03	
16	Sat	1:30	4.3	2:05	3.6	8:00	0.3	7:58	0.5	7:04	7:04	
17	Sun	2:26	4.0	3:03	3.4	9:10	0.5	9:08	0.7	7:02	7:05	
18	Mon	3:24	3.8	4:04	3.3	10:17	0.6	10:16	0.8	7:01	7:06	
19	Tue	4:27	3.7	5:08	3.3	11:16	0.5	11:16	0.7	6:59	7:07	
20	Wed	5:31	3.7	6:07	3.5			12:05	0.4	6:57	7:08	
21	Thu	6:26	3.9	6:56	3.8	12:07	0.5	12:48	0.2	6:56	7:09	
22	Fri	7:12	4.0	7:37	4.0	12:53	0.4	1:28	0.1	6:54	7:10	
23	Sat	7:51	4.1	8:14	4.2	1:37	0.2	2:06	0.0	6:52	7:11	
24	Sun	8:27	4.2	8:49	4.4	2:19	0.1	2:42	0.0	6:51	7:12	
25	Mon	9:01	4.2	9:22	4.4	3:00	0.0	3:17	-0.1	6:49	7:13	
26	Tue	9:34	4.1	9:53	4.4	3:38	0.0	3:49	0.0	6:48	7:14	
27	Wed	10:06	3.9	10:23	4.4	4:15	0.0	4:19	0.1	6:46	7:15	
28	Thu	10:38	3.7	10:54	4.3	4:50	0.1	4:48	0.3	6:44	7:16	
29	Fri	11:14	3.6	11:30	4.2	5:25	0.2	5:15	0.4	6:43	7:17	
30	Sat	11:58	3.4			6:02	0.4	5:47	0.5	6:41	7:18	
31	Sun	12:16	4.2	12:52	3.3	6:49	0.5	6:30	0.7	6:39	7:19	