

































## Highlands, NJ - Mar 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	6:16	4.6	6:45	4.2			12:41	-0.5	6:29	5:47	
2	Mon	7:03	4.7	7:31	4.4	12:49	-0.4	1:27	-0.7	6:27	5:48	
3	Tue	7:47	4.7	8:14	4.6	1:38	-0.5	2:10	-0.7	6:25	5:49	
4	Wed	8:28	4.6	8:55	4.6	2:24	-0.5	2:50	-0.7	6:24	5:50	
5	Thu	9:09	4.4	9:35	4.5	3:07	-0.5	3:26	-0.5	6:22	5:51	
6	Fri	9:49	4.1	10:15	4.3	3:47	-0.3	4:00	-0.3	6:21	5:52	
7	Sat	10:31	3.8	10:56	4.1	4:25	-0.1	4:32	0.0	6:19	5:54	
8	Sun			12:15	3.5	6:04	0.2	6:05	0.3	7:18	6:55	
9	Mon	12:39	3.9	1:02	3.3	6:46	0.4	6:40	0.6	7:16	6:56	
10	Tue	1:25	3.8	1:52	3.1	7:38	0.7	7:28	0.8	7:14	6:57	
11	Wed	2:13	3.6	2:44	2.9	8:44	0.8	8:38	1.0	7:13	6:58	
12	Thu	3:06	3.5	3:41	2.9	9:53	0.8	9:54	1.0	7:11	6:59	
13	Fri	4:05	3.5	4:45	3.0	10:53	0.7	10:58	0.8	7:10	7:00	
14	Sat	5:08	3.7	5:46	3.2	11:45	0.5	11:52	0.6	7:08	7:01	
15	Sun	6:06	3.9	6:37	3.6			12:31	0.2	7:06	7:02	
16	Mon	6:55	4.2	7:21	3.9	12:41	0.3	1:14	-0.1	7:05	7:03	
17	Tue	7:38	4.4	8:00	4.3	1:28	0.0	1:56	-0.3	7:03	7:04	
18	Wed	8:18	4.6	8:38	4.6	2:15	-0.2	2:37	-0.5	7:01	7:05	
19	Thu	8:59	4.6	9:17	4.8	3:02	-0.4	3:18	-0.6	7:00	7:06	
20	Fri	9:42	4.5	9:59	5.0	3:48	-0.6	3:58	-0.6	6:58	7:07	
21	Sat	10:27	4.4	10:45	5.0	4:33	-0.6	4:39	-0.5	6:57	7:08	
22	Sun	11:18	4.2	11:37	4.8	5:20	-0.4	5:21	-0.4	6:55	7:10	
23	Mon			12:15	3.9	6:10	-0.2	6:08	-0.1	6:53	7:11	
24	Tue	12:36	4.7	1:18	3.7	7:09	0.1	7:06	0.2	6:52	7:12	
25	Wed	1:39	4.5	2:21	3.6	8:20	0.3	8:20	0.4	6:50	7:13	
26	Thu	2:43	4.3	3:26	3.6	9:35	0.3	9:39	0.5	6:48	7:14	
27	Fri	3:49	4.2	4:33	3.7	10:41	0.2	10:49	0.4	6:47	7:15	
28	Sat	4:58	4.2	5:39	3.9	11:38	0.0	11:49	0.2	6:45	7:16	
29	Sun	6:02	4.3	6:36	4.2			12:28	-0.1	6:43	7:17	
30	Mon	6:55	4.4	7:24	4.5	12:42	0.0	1:14	-0.3	6:42	7:18	
31	Tue	7:41	4.5	8:06	4.7	1:31	-0.1	1:57	-0.3	6:40	7:19	