

































## Highlands, NJ - Mar 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	5:38	4.4	6:07	4.1	11:59	-0.4			6:28	5:47	
2	Sat	6:29	4.6	6:54	4.3	12:16	-0.3	12:46	-0.6	6:27	5:48	
3	Sun	7:14	4.6	7:37	4.4	1:05	-0.4	1:30	-0.6	6:25	5:49	
4	Mon	7:56	4.6	8:17	4.5	1:51	-0.5	2:12	-0.6	6:24	5:50	
5	Tue	8:36	4.5	8:56	4.5	2:34	-0.5	2:50	-0.5	6:22	5:51	
6	Wed	9:16	4.3	9:34	4.4	3:15	-0.4	3:25	-0.4	6:21	5:52	
7	Thu	9:56	4.0	10:12	4.2	3:53	-0.2	3:59	-0.2	6:19	5:54	
8	Fri	10:38	3.7	10:52	4.0	4:30	0.0	4:31	0.0	6:18	5:55	
9	Sat	11:23	3.5	11:34	3.8	5:08	0.3	5:04	0.3	6:16	5:56	
10	Sun			1:10	3.3	6:50	0.5	6:42	0.5	7:14	6:57	
11	Mon	1:19	3.7	2:00	3.2	7:44	0.7	7:33	0.8	7:13	6:58	
12	Tue	2:07	3.6	2:51	3.1	8:51	0.8	8:42	0.9	7:11	6:59	
13	Wed	2:59	3.6	3:47	3.1	9:58	0.8	9:54	0.8	7:10	7:00	
14	Thu	3:57	3.6	4:48	3.3	10:56	0.6	10:57	0.6	7:08	7:01	
15	Fri	5:01	3.8	5:47	3.5	11:46	0.3	11:52	0.3	7:06	7:02	
16	Sat	6:01	4.0	6:38	3.9			12:33	0.0	7:05	7:03	
17	Sun	6:52	4.3	7:23	4.3	12:42	0.0	1:17	-0.2	7:03	7:04	
18	Mon	7:38	4.6	8:06	4.7	1:32	-0.3	2:01	-0.5	7:01	7:05	
19	Tue	8:22	4.7	8:49	5.0	2:22	-0.6	2:46	-0.7	7:00	7:06	
20	Wed	9:07	4.7	9:33	5.2	3:11	-0.8	3:30	-0.8	6:58	7:07	
21	Thu	9:54	4.7	10:20	5.2	4:00	-0.8	4:14	-0.7	6:57	7:09	
22	Fri	10:44	4.5	11:12	5.1	4:48	-0.8	4:59	-0.6	6:55	7:10	
23	Sat	11:39	4.3			5:37	-0.6	5:46	-0.4	6:53	7:11	
24	Sun	12:08	4.9	12:40	4.1	6:31	-0.3	6:40	-0.1	6:52	7:12	
25	Mon	1:09	4.7	1:42	3.9	7:33	-0.1	7:45	0.2	6:50	7:13	
26	Tue	2:10	4.5	2:44	3.8	8:42	0.1	8:59	0.4	6:48	7:14	
27	Wed	3:11	4.3	3:46	3.8	9:50	0.2	10:10	0.4	6:47	7:15	
28	Thu	4:14	4.2	4:51	3.9	10:52	0.1	11:13	0.3	6:45	7:16	
29	Fri	5:18	4.2	5:52	4.1	11:45	0.0			6:43	7:17	
30	Sat	6:16	4.3	6:45	4.3	12:08	0.1	12:33	-0.1	6:42	7:18	
31	Sun	7:06	4.4	7:30	4.5	12:58	0.0	1:17	-0.2	6:40	7:19	