


































## Highlands, NJ - Mar 2031

| Date |     | High  |     |       |     | Low   |      |       |      |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM    | ft   | Rise  | Set  | Moon  |
| 1    | Sat | 1:27  | 3.7 | 2:00  | 3.2 | 8:03  | 0.7  | 8:00  | 0.7  | 6:29  | 5:47 |    |
| 2    | Sun | 2:19  | 3.6 | 2:55  | 3.1 | 9:05  | 0.7  | 9:04  | 0.7  | 6:27  | 5:48 |    |
| 3    | Mon | 3:15  | 3.5 | 3:55  | 3.2 | 10:02 | 0.6  | 10:01 | 0.6  | 6:26  | 5:49 |    |
| 4    | Tue | 4:15  | 3.6 | 4:53  | 3.4 | 10:51 | 0.4  | 10:53 | 0.4  | 6:24  | 5:50 |    |
| 5    | Wed | 5:11  | 3.8 | 5:43  | 3.6 | 11:36 | 0.2  | 11:41 | 0.2  | 6:23  | 5:51 |    |
| 6    | Thu | 5:58  | 4.0 | 6:26  | 3.9 |       |      | 12:18 | 0.0  | 6:21  | 5:52 |    |
| 7    | Fri | 6:39  | 4.2 | 7:05  | 4.1 | 12:26 | 0.0  | 1:00  | -0.2 | 6:20  | 5:53 |    |
| 8    | Sat | 7:16  | 4.3 | 7:42  | 4.3 | 1:11  | -0.2 | 1:39  | -0.3 | 6:18  | 5:54 |    |
| 9    | Sun | 8:53  | 4.4 | 9:17  | 4.5 | 1:54  | -0.4 | 3:18  | -0.4 | 7:16  | 6:55 |    |
| 10   | Mon | 9:30  | 4.4 | 9:54  | 4.6 | 3:37  | -0.5 | 3:55  | -0.5 | 7:15  | 6:57 |    |
| 11   | Tue | 10:09 | 4.3 | 10:34 | 4.6 | 4:19  | -0.5 | 4:32  | -0.4 | 7:13  | 6:58 |    |
| 12   | Wed | 10:52 | 4.1 | 11:20 | 4.6 | 5:01  | -0.4 | 5:10  | -0.3 | 7:12  | 6:59 |   |
| 13   | Thu | 11:43 | 4.0 |       |     | 5:45  | -0.3 | 5:51  | -0.2 | 7:10  | 7:00 |  |
| 14   | Fri | 12:13 | 4.5 | 12:41 | 3.8 | 6:36  | -0.1 | 6:41  | 0.0  | 7:08  | 7:01 |  |
| 15   | Sat | 1:12  | 4.5 | 1:43  | 3.7 | 7:39  | 0.1  | 7:47  | 0.2  | 7:07  | 7:02 |  |
| 16   | Sun | 2:14  | 4.4 | 2:46  | 3.7 | 8:51  | 0.2  | 9:05  | 0.3  | 7:05  | 7:03 |  |
| 17   | Mon | 3:18  | 4.3 | 3:52  | 3.7 | 10:02 | 0.1  | 10:19 | 0.2  | 7:03  | 7:04 |  |
| 18   | Tue | 4:24  | 4.4 | 5:01  | 3.9 | 11:05 | -0.1 | 11:24 | 0.0  | 7:02  | 7:05 |  |
| 19   | Wed | 5:32  | 4.5 | 6:05  | 4.2 |       |      | 12:01 | -0.3 | 7:00  | 7:06 |  |
| 20   | Thu | 6:32  | 4.6 | 7:01  | 4.5 | 12:22 | -0.3 | 12:52 | -0.5 | 6:59  | 7:07 |  |
| 21   | Fri | 7:25  | 4.8 | 7:50  | 4.8 | 1:16  | -0.5 | 1:40  | -0.7 | 6:57  | 7:08 |  |
| 22   | Sat | 8:12  | 4.8 | 8:35  | 4.9 | 2:07  | -0.6 | 2:27  | -0.7 | 6:55  | 7:09 |  |
| 23   | Sun | 8:57  | 4.8 | 9:18  | 5.0 | 2:56  | -0.6 | 3:11  | -0.7 | 6:54  | 7:10 |  |
| 24   | Mon | 9:41  | 4.6 | 10:00 | 4.8 | 3:42  | -0.6 | 3:52  | -0.5 | 6:52  | 7:11 |  |
| 25   | Tue | 10:25 | 4.4 | 10:42 | 4.7 | 4:25  | -0.5 | 4:31  | -0.3 | 6:50  | 7:12 |  |
| 26   | Wed | 11:10 | 4.1 | 11:24 | 4.4 | 5:05  | -0.3 | 5:08  | -0.1 | 6:49  | 7:13 |  |
| 27   | Thu | 11:57 | 3.9 |       |     | 5:46  | 0.0  | 5:45  | 0.2  | 6:47  | 7:14 |  |
| 28   | Fri | 12:09 | 4.2 | 12:46 | 3.6 | 6:28  | 0.3  | 6:24  | 0.5  | 6:45  | 7:16 |  |
| 29   | Sat | 12:56 | 4.0 | 1:37  | 3.5 | 7:16  | 0.6  | 7:11  | 0.8  | 6:44  | 7:17 |  |
| 30   | Sun | 1:45  | 3.8 | 2:28  | 3.4 | 8:15  | 0.8  | 8:12  | 1.0  | 6:42  | 7:18 |  |
| 31   | Mon | 2:35  | 3.7 | 3:19  | 3.4 | 9:18  | 0.8  | 9:21  | 1.0  | 6:41  | 7:19 |  |