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# Island Beach, NJ - Mar 2031

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sat | 4:14 | 0.3 | 4:47 | 0.3 | 11:17 | 0.1 | 11:14 | 0.1 | 6:29 | 5:48 | |
| 2 | Sun | 5:06 | 0.3 | 5:42 | 0.3 | | | 12:19 | 0.1 | 6:27 | 5:49 | |
| 3 | Mon | 6:02 | 0.3 | 6:42 | 0.3 | 12:18 | 0.1 | 1:16 | 0.1 | 6:26 | 5:50 | |
| 4 | Tue | 7:02 | 0.3 | 7:40 | 0.3 | 1:15 | 0.1 | 2:05 | 0.0 | 6:24 | 5:51 | |
| 5 | Wed | 7:58 | 0.3 | 8:30 | 0.3 | 2:07 | 0.0 | 2:50 | 0.0 | 6:23 | 5:52 | |
| 6 | Thu | 8:45 | 0.4 | 9:13 | 0.3 | 2:55 | 0.0 | 3:32 | 0.0 | 6:21 | 5:53 | |
| 7 | Fri | 9:26 | 0.4 | 9:52 | 0.4 | 3:40 | 0.0 | 4:14 | 0.0 | 6:20 | 5:54 | |
| 8 | Sat | 10:03 | 0.4 | 10:29 | 0.4 | 4:25 | 0.0 | 4:53 | 0.0 | 6:18 | 5:55 | |
| 9 | Sun | 11:40 | 0.4 | | | 6:08 | 0.0 | 6:32 | 0.0 | 7:17 | 6:56 | |
| 10 | Mon | 12:04 | 0.4 | 12:17 | 0.4 | 6:51 | 0.0 | 7:09 | 0.0 | 7:15 | 6:57 | |
| 11 | Tue | 12:41 | 0.4 | 12:56 | 0.4 | 7:33 | 0.0 | 7:46 | 0.0 | 7:13 | 6:58 | |
| 12 | Wed | 1:21 | 0.4 | 1:39 | 0.4 | 8:15 | 0.0 | 8:24 | 0.0 | 7:12 | 6:59 | |
| 13 | Thu | 2:07 | 0.4 | 2:30 | 0.4 | 8:59 | 0.0 | 9:05 | 0.0 | 7:10 | 7:00 | |
| 14 | Fri | 3:00 | 0.4 | 3:28 | 0.3 | 9:50 | 0.0 | 9:55 | 0.0 | 7:09 | 7:01 | |
| 15 | Sat | 3:59 | 0.4 | 4:30 | 0.3 | 10:53 | 0.0 | 11:01 | 0.0 | 7:07 | 7:02 | |
| 16 | Sun | 5:01 | 0.4 | 5:33 | 0.3 | | | 12:05 | 0.0 | 7:05 | 7:03 | |
| 17 | Mon | 6:05 | 0.4 | 6:39 | 0.3 | 12:19 | 0.0 | 1:16 | 0.0 | 7:04 | 7:05 | |
| 18 | Tue | 7:11 | 0.4 | 7:48 | 0.3 | 1:33 | 0.0 | 2:19 | 0.0 | 7:02 | 7:06 | |
| 19 | Wed | 8:19 | 0.4 | 8:52 | 0.4 | 2:38 | 0.0 | 3:15 | 0.0 | 7:01 | 7:07 | |
| 20 | Thu | 9:19 | 0.4 | 9:48 | 0.4 | 3:36 | 0.0 | 4:06 | 0.0 | 6:59 | 7:08 | |
| 21 | Fri | 10:12 | 0.4 | 10:37 | 0.4 | 4:30 | 0.0 | 4:54 | -0.1 | 6:57 | 7:09 | |
| 22 | Sat | 10:59 | 0.4 | 11:22 | 0.4 | 5:21 | -0.1 | 5:41 | -0.1 | 6:56 | 7:10 | |
| 23 | Sun | 11:44 | 0.4 | | | 6:10 | -0.1 | 6:25 | -0.1 | 6:54 | 7:11 | |
| 24 | Mon | 12:05 | 0.4 | 12:28 | 0.4 | 6:56 | -0.1 | 7:06 | 0.0 | 6:53 | 7:12 | |
| 25 | Tue | 12:47 | 0.4 | 1:12 | 0.4 | 7:39 | 0.0 | 7:45 | 0.0 | 6:51 | 7:13 | |
| 26 | Wed | 1:29 | 0.4 | 1:57 | 0.4 | 8:19 | 0.0 | 8:22 | 0.0 | 6:49 | 7:14 | |
| 27 | Thu | 2:11 | 0.4 | 2:44 | 0.3 | 9:00 | 0.0 | 8:59 | 0.0 | 6:48 | 7:15 | |
| 28 | Fri | 2:56 | 0.4 | 3:33 | 0.3 | 9:42 | 0.0 | 9:38 | 0.0 | 6:46 | 7:16 | |
| 29 | Sat | 3:43 | 0.4 | 4:24 | 0.3 | 10:30 | 0.1 | 10:25 | 0.1 | 6:44 | 7:17 | |
| 30 | Sun | 4:32 | 0.3 | 5:15 | 0.3 | 11:29 | 0.1 | 11:26 | 0.1 | 6:43 | 7:18 | |
| 31 | Mon | 5:22 | 0.3 | 6:06 | 0.3 | | | 12:32 | 0.1 | 6:41 | 7:19 | |