






























Island Beach, NJ - Mar 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	2:03	0.3	2:16	0.3	8:32	0.0	8:31	0.0	6:29	5:48	
2	Mon	2:44	0.3	3:02	0.3	9:16	0.1	9:06	0.1	6:27	5:49	
3	Tue	3:28	0.3	3:50	0.3	10:13	0.1	9:56	0.1	6:26	5:50	
4	Wed	4:15	0.3	4:44	0.3	11:24	0.1	11:13	0.1	6:24	5:51	
5	Thu	5:09	0.3	5:45	0.3			12:32	0.1	6:23	5:52	
6	Fri	6:12	0.3	6:53	0.3	12:28	0.1	1:32	0.0	6:21	5:53	
7	Sat	7:18	0.3	7:55	0.3	1:31	0.1	2:23	0.0	6:20	5:54	
8	Sun	9:16	0.4	9:46	0.3	3:26	0.0	4:10	0.0	7:18	6:55	
9	Mon	10:05	0.4	10:30	0.4	4:17	0.0	4:56	0.0	7:16	6:56	
10	Tue	10:50	0.4	11:13	0.4	5:07	0.0	5:40	-0.1	7:15	6:57	
11	Wed	11:33	0.4	11:56	0.4	5:57	-0.1	6:24	-0.1	7:13	6:58	
12	Thu			12:18	0.4	6:46	-0.1	7:06	-0.1	7:12	6:59	
13	Fri	12:40	0.4	1:05	0.4	7:34	-0.1	7:48	-0.1	7:10	7:00	
14	Sat	1:28	0.4	1:56	0.4	8:22	-0.1	8:31	-0.1	7:09	7:01	
15	Sun	2:19	0.4	2:51	0.4	9:13	0.0	9:17	0.0	7:07	7:03	
16	Mon	3:15	0.4	3:51	0.3	10:09	0.0	10:10	0.0	7:05	7:04	
17	Tue	4:15	0.4	4:53	0.3	11:17	0.0	11:16	0.0	7:04	7:05	
18	Wed	5:16	0.4	5:55	0.3			12:31	0.0	7:02	7:06	
19	Thu	6:20	0.4	7:02	0.3	12:32	0.0	1:41	0.0	7:00	7:07	
20	Fri	7:28	0.4	8:10	0.3	1:44	0.0	2:42	0.0	6:59	7:08	
21	Sat	8:35	0.4	9:10	0.3	2:46	0.0	3:34	0.0	6:57	7:09	
22	Sun	9:31	0.4	10:00	0.4	3:40	0.0	4:20	0.0	6:56	7:10	
23	Mon	10:17	0.4	10:42	0.4	4:29	0.0	5:02	0.0	6:54	7:11	
24	Tue	10:57	0.4	11:21	0.4	5:14	0.0	5:41	0.0	6:52	7:12	
25	Wed	11:35	0.4	11:57	0.4	5:57	0.0	6:18	0.0	6:51	7:13	
26	Thu			12:11	0.4	6:38	0.0	6:52	0.0	6:49	7:14	
27	Fri	12:32	0.4	12:47	0.4	7:16	0.0	7:25	0.0	6:48	7:15	
28	Sat	1:06	0.4	1:23	0.3	7:52	0.0	7:55	0.0	6:46	7:16	
29	Sun	1:40	0.4	2:00	0.3	8:27	0.0	8:24	0.0	6:44	7:17	
30	Mon	2:15	0.4	2:40	0.3	9:03	0.0	8:53	0.1	6:43	7:18	
31	Tue	2:53	0.4	3:26	0.3	9:42	0.1	9:25	0.1	6:41	7:19	