

































North Highlands Beach, NJ - Mar 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	8:58	6.1	9:22	6.0	2:41	-1.4	3:10	-1.2	6:31	5:52	
2	Tue	9:46	5.9	10:10	6.1	3:32	-1.3	3:54	-1.1	6:30	5:53	
3	Wed	10:33	5.5	10:59	6.0	4:22	-1.1	4:40	-0.9	6:29	5:54	
4	Thu	11:22	5.0	11:49	5.8	5:15	-0.7	5:27	-0.5	6:27	5:55	
5	Fri			12:12	4.5	6:11	-0.2	6:18	-0.2	6:26	5:56	
6	Sat	12:41	5.4	1:05	4.1	7:11	0.2	7:11	0.2	6:24	5:57	
7	Sun	1:38	5.1	2:05	3.8	8:14	0.6	8:09	0.5	6:23	5:58	
8	Mon	2:42	4.9	3:15	3.6	9:22	0.8	9:13	0.7	6:21	5:59	
9	Tue	3:50	4.7	4:24	3.6	10:30	0.8	10:19	0.7	6:20	6:00	
10	Wed	4:52	4.8	5:20	3.8	11:28	0.8	11:18	0.6	6:18	6:01	
11	Thu	5:43	4.9	6:07	4.0			12:16	0.6	6:16	6:02	
12	Fri	6:28	5.0	6:48	4.3	12:10	0.5	12:57	0.4	6:15	6:03	
13	Sat	7:08	5.1	7:26	4.6	12:55	0.3	1:31	0.3	6:13	6:04	
14	Sun	8:46	5.2	9:02	4.9	1:36	0.1	3:02	0.1	7:12	7:05	
15	Mon	9:22	5.2	9:36	5.1	3:13	-0.1	3:31	0.0	7:10	7:06	
16	Tue	9:56	5.1	10:10	5.3	3:48	-0.1	4:01	-0.1	7:09	7:07	
17	Wed	10:30	5.0	10:44	5.4	4:23	-0.1	4:32	-0.1	7:07	7:08	
18	Thu	11:05	4.8	11:20	5.5	5:00	-0.1	5:06	-0.1	7:06	7:09	
19	Fri	11:42	4.6			5:40	0.1	5:43	0.0	7:04	7:10	
20	Sat	12:00	5.5	12:23	4.4	6:25	0.2	6:25	0.1	7:02	7:11	
21	Sun	12:44	5.5	1:09	4.2	7:15	0.4	7:15	0.2	7:01	7:12	
22	Mon	1:35	5.4	2:03	4.0	8:12	0.5	8:11	0.3	6:59	7:13	
23	Tue	2:33	5.3	3:08	4.0	9:14	0.6	9:15	0.4	6:58	7:14	
24	Wed	3:42	5.3	4:24	4.1	10:20	0.5	10:24	0.3	6:56	7:15	
25	Thu	4:56	5.4	5:35	4.5	11:26	0.3	11:33	0.1	6:55	7:16	
26	Fri	6:03	5.6	6:36	5.0			12:26	0.0	6:53	7:17	
27	Sat	7:02	5.8	7:31	5.5	12:39	-0.3	1:21	-0.3	6:51	7:18	
28	Sun	7:57	5.9	8:23	6.0	1:40	-0.6	2:12	-0.6	6:50	7:19	
29	Mon	8:49	5.9	9:12	6.3	2:36	-0.9	2:59	-0.8	6:48	7:20	
30	Tue	9:38	5.8	10:00	6.5	3:28	-1.0	3:43	-0.8	6:47	7:21	
31	Wed	10:25	5.6	10:46	6.5	4:18	-0.9	4:26	-0.7	6:45	7:22	