






























## North Highlands Beach, NJ - Mar 2019

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	5:07	4.9	5:35	3.8	11:42	0.5	11:31	0.4	6:32	5:52	
2	Sat	5:58	5.0	6:23	3.9			12:33	0.4	6:30	5:53	
3	Sun	6:43	5.1	7:05	4.1	12:21	0.3	1:16	0.3	6:29	5:54	
4	Mon	7:24	5.3	7:44	4.4	1:06	0.1	1:53	0.1	6:27	5:55	
5	Tue	8:02	5.4	8:20	4.6	1:46	0.0	2:25	0.0	6:26	5:56	
6	Wed	8:38	5.4	8:54	4.7	2:23	-0.2	2:55	-0.1	6:24	5:57	
7	Thu	9:13	5.4	9:28	4.9	2:58	-0.2	3:25	-0.1	6:23	5:58	
8	Fri	9:47	5.3	10:02	5.0	3:33	-0.2	3:56	-0.1	6:21	5:59	
9	Sat	10:22	5.1	10:37	5.0	4:10	-0.1	4:29	-0.1	6:20	6:00	
10	Sun	11:58	4.8			5:49	0.0	6:05	0.0	7:18	7:01	
11	Mon	12:15	5.1	12:37	4.6	6:33	0.2	6:46	0.1	7:17	7:02	
12	Tue	12:58	5.1	1:21	4.4	7:22	0.3	7:32	0.2	7:15	7:03	
13	Wed	1:45	5.1	2:11	4.1	8:17	0.4	8:24	0.2	7:14	7:04	
14	Thu	2:41	5.1	3:12	4.0	9:18	0.5	9:23	0.3	7:12	7:05	
15	Fri	3:47	5.2	4:26	4.0	10:25	0.5	10:28	0.2	7:11	7:06	
16	Sat	5:00	5.4	5:38	4.2	11:33	0.3	11:35	0.0	7:09	7:07	
17	Sun	6:07	5.7	6:41	4.6			12:36	0.0	7:07	7:08	
18	Mon	7:08	6.0	7:39	5.1	12:40	-0.3	1:34	-0.4	7:06	7:09	
19	Tue	8:05	6.2	8:33	5.5	1:41	-0.7	2:27	-0.7	7:04	7:10	
20	Wed	8:58	6.3	9:24	5.9	2:38	-1.0	3:15	-0.9	7:03	7:11	
21	Thu	9:48	6.3	10:12	6.1	3:31	-1.2	4:01	-1.0	7:01	7:12	
22	Fri	10:37	6.1	11:00	6.2	4:22	-1.2	4:45	-0.9	7:00	7:13	
23	Sat	11:25	5.7	11:48	6.1	5:12	-1.0	5:30	-0.7	6:58	7:14	
24	Sun			12:13	5.3	6:04	-0.6	6:17	-0.4	6:56	7:15	
25	Mon	12:37	5.9	1:03	4.8	6:58	-0.2	7:07	0.0	6:55	7:16	
26	Tue	1:27	5.6	1:54	4.4	7:55	0.2	7:59	0.4	6:53	7:17	
27	Wed	2:20	5.3	2:51	4.1	8:55	0.5	8:55	0.7	6:52	7:18	
28	Thu	3:19	5.0	3:56	3.9	9:59	0.8	9:56	0.9	6:50	7:19	
29	Fri	4:25	4.9	5:04	3.9	11:05	0.9	11:00	1.0	6:48	7:20	
30	Sat	5:28	4.9	6:02	4.0			12:04	0.9	6:47	7:21	
31	Sun	6:21	4.9	6:50	4.2	12:00	0.9	12:54	0.7	6:45	7:22	