

































North Highlands Beach, NJ - Mar 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	7:02	5.8	7:28	4.7	12:31	-0.4	1:30	-0.3	6:31	5:52	
2	Mon	7:51	5.8	8:14	5.0	1:27	-0.6	2:14	-0.5	6:30	5:53	
3	Tue	8:36	5.8	8:56	5.3	2:17	-0.7	2:52	-0.6	6:28	5:54	
4	Wed	9:16	5.6	9:36	5.4	3:02	-0.7	3:28	-0.5	6:27	5:55	
5	Thu	9:54	5.3	10:14	5.4	3:44	-0.6	4:03	-0.4	6:25	5:56	
6	Fri	10:32	4.9	10:52	5.3	4:26	-0.3	4:39	-0.2	6:24	5:57	
7	Sat	11:09	4.6	11:31	5.1	5:08	0.0	5:16	0.1	6:22	5:58	
8	Sun			12:48	4.2	6:53	0.3	6:56	0.4	7:21	6:59	
9	Mon	1:13	5.0	1:29	3.9	7:42	0.6	7:39	0.6	7:19	7:00	
10	Tue	1:58	4.8	2:17	3.6	8:34	0.9	8:27	0.8	7:18	7:01	
11	Wed	2:51	4.6	3:14	3.4	9:33	1.1	9:21	0.9	7:16	7:02	
12	Thu	3:54	4.6	4:24	3.3	10:37	1.1	10:22	1.0	7:15	7:03	
13	Fri	5:01	4.6	5:31	3.5	11:40	1.1	11:24	0.8	7:13	7:04	
14	Sat	5:59	4.8	6:25	3.8			12:33	0.8	7:12	7:05	
15	Sun	6:50	5.1	7:12	4.2	12:21	0.6	1:17	0.6	7:10	7:06	
16	Mon	7:36	5.3	7:56	4.6	1:13	0.3	1:57	0.2	7:08	7:07	
17	Tue	8:19	5.5	8:38	5.1	2:01	-0.1	2:35	-0.1	7:07	7:08	
18	Wed	9:01	5.6	9:18	5.5	2:47	-0.4	3:12	-0.4	7:05	7:09	
19	Thu	9:42	5.6	9:59	5.8	3:31	-0.6	3:49	-0.6	7:04	7:10	
20	Fri	10:24	5.5	10:42	6.1	4:15	-0.7	4:28	-0.6	7:02	7:11	
21	Sat	11:08	5.3	11:27	6.1	5:01	-0.7	5:10	-0.6	7:01	7:12	
22	Sun	11:55	4.9			5:51	-0.5	5:56	-0.4	6:59	7:13	
23	Mon	12:17	6.1	12:46	4.6	6:47	-0.2	6:47	-0.2	6:57	7:14	
24	Tue	1:11	5.9	1:44	4.3	7:48	0.1	7:45	0.1	6:56	7:15	
25	Wed	2:13	5.7	2:51	4.0	8:55	0.4	8:49	0.3	6:54	7:16	
26	Thu	3:24	5.5	4:09	4.0	10:07	0.5	10:00	0.4	6:53	7:17	
27	Fri	4:42	5.4	5:25	4.2	11:21	0.5	11:14	0.4	6:51	7:18	
28	Sat	5:53	5.4	6:28	4.5			12:24	0.4	6:50	7:19	
29	Sun	6:53	5.5	7:21	4.9	12:23	0.2	1:18	0.2	6:48	7:20	
30	Mon	7:45	5.5	8:09	5.3	1:24	0.0	2:04	0.0	6:46	7:21	
31	Tue	8:31	5.5	8:52	5.5	2:17	-0.2	2:45	-0.1	6:45	7:22	