




















Seaside Heights, NJ - Mar 1997

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	11:42	3.5			5:40	0.4	5:41	0.3	6:28	5:48	
2	Sun	12:16	4.1	12:41	3.5	6:52	0.4	6:57	0.4	6:27	5:49	
3	Mon	1:16	4.1	1:46	3.5	8:06	0.3	8:16	0.3	6:25	5:50	
4	Tue	2:22	4.3	2:57	3.7	9:12	0.1	9:24	0.0	6:24	5:51	
5	Wed	3:32	4.5	4:06	4.0	10:11	-0.3	10:25	-0.4	6:22	5:52	
6	Thu	4:37	4.8	5:07	4.5	11:05	-0.7	11:22	-0.7	6:21	5:53	
7	Fri	5:33	5.1	6:00	4.8	11:58	-1.0			6:19	5:54	
8	Sat	6:25	5.3	6:51	5.1	12:18	-1.0	12:49	-1.2	6:18	5:55	
9	Sun	7:16	5.4	7:41	5.3	1:12	-1.1	1:38	-1.3	6:16	5:56	
10	Mon	8:06	5.3	8:31	5.2	2:04	-1.2	2:25	-1.2	6:14	5:57	
11	Tue	8:57	5.0	9:22	5.1	2:54	-1.1	3:11	-1.1	6:13	5:58	
12	Wed	9:49	4.7	10:14	4.8	3:42	-0.8	3:56	-0.7	6:11	5:59	
13	Thu	10:44	4.4	11:08	4.6	4:32	-0.4	4:43	-0.3	6:10	6:00	
14	Fri	11:39	4.1			5:27	-0.1	5:36	0.1	6:08	6:01	
15	Sat	12:02	4.3	12:33	3.8	6:28	0.3	6:35	0.4	6:07	6:02	
16	Sun	12:55	4.1	1:28	3.6	7:33	0.4	7:39	0.6	6:05	6:04	
17	Mon	1:49	3.9	2:24	3.6	8:35	0.5	8:40	0.6	6:03	6:05	
18	Tue	2:47	3.8	3:23	3.6	9:29	0.4	9:34	0.5	6:02	6:06	
19	Wed	3:45	3.9	4:19	3.8	10:16	0.3	10:23	0.4	6:00	6:07	
20	Thu	4:38	4.0	5:07	4.0	10:59	0.2	11:09	0.2	5:58	6:08	
21	Fri	5:24	4.2	5:49	4.2	11:40	0.0	11:52	0.1	5:57	6:09	
22	Sat	6:04	4.3	6:28	4.4			12:20	-0.1	5:55	6:10	
23	Sun	6:41	4.4	7:04	4.5	12:35	-0.1	12:59	-0.1	5:54	6:11	
24	Mon	7:16	4.4	7:38	4.5	1:16	-0.2	1:36	-0.1	5:52	6:12	
25	Tue	7:50	4.3	8:11	4.5	1:56	-0.2	2:11	-0.1	5:50	6:13	
26	Wed	8:24	4.2	8:43	4.5	2:34	-0.2	2:43	0.0	5:49	6:14	
27	Thu	8:59	4.0	9:19	4.5	3:10	-0.1	3:15	0.1	5:47	6:15	
28	Fri	9:40	3.9	10:01	4.4	3:47	0.0	3:48	0.2	5:45	6:16	
29	Sat	10:29	3.8	10:53	4.4	4:29	0.2	4:27	0.3	5:44	6:17	
30	Sun	11:27	3.8	11:53	4.4	5:21	0.3	5:20	0.5	5:42	6:18	
31	Mon			12:28	3.8	6:29	0.4	6:37	0.6	5:41	6:19	