US HARBORS www.USHarbors.com

Seaside Heights, NJ - Mar 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	**9:53**	3.9	**10:13**	4.4	**3:56**	-0.1	**3:57**	-0.2	6:28	5:48	
2	Mon	**10:48**	3.7	**11:10**	4.4	**4:43**	0.1	**4:41**	-0.1	6:27	5:49	
3	Tue	**11:49**	3.5			**5:45**	0.3	**5:39**	0.2	6:25	5:50	
4	Wed	**12:12**	4.3	**12:53**	3.5	**7:02**	0.4	**6:58**	0.3	6:24	5:51	
5	Thu	**1:17**	4.3	**2:00**	3.5	**8:18**	0.3	**8:18**	0.2	6:22	5:52	
6	Fri	**2:28**	4.3	**3:12**	3.7	**9:24**	0.0	**9:28**	0.0	6:21	5:53	
7	Sat	**3:40**	4.5	**4:20**	4.0	**10:21**	-0.3	**10:29**	-0.3	6:19	5:54	
8	Sun	**5:44**	4.7	**6:17**	4.4			**12:13**	-0.5	7:17	6:55	
9	Mon	**6:38**	4.9	**7:07**	4.8	**12:25**	-0.5	**1:03**	-0.8	7:16	6:56	
10	Tue	**7:26**	4.9	**7:54**	5.0	**1:17**	-0.7	**1:49**	-0.9	7:14	6:57	
11	Wed	**8:11**	4.9	**8:38**	5.0	**2:08**	-0.8	**2:34**	-0.9	7:13	6:58	
12	Thu	**8:55**	4.7	**9:21**	5.0	**2:55**	-0.7	**3:15**	-0.7	7:11	6:59	
13	Fri	**9:39**	4.5	**10:04**	4.8	**3:39**	-0.6	**3:54**	-0.5	7:10	7:00	
14	Sat	**10:24**	4.2	**10:48**	4.5	**4:21**	-0.4	**4:31**	-0.2	7:08	7:02	
15	Sun	**11:11**	3.8	**11:34**	4.3	**5:02**	-0.1	**5:07**	0.2	7:06	7:03	
16	Mon			**12:00**	3.5	**5:45**	0.2	**5:46**	0.5	7:05	7:04	
17	Tue	**12:22**	4.0	**12:51**	3.3	**6:35**	0.6	**6:33**	0.8	7:03	7:05	
18	Wed	**1:12**	3.8	**1:43**	3.2	**7:36**	0.8	**7:38**	1.0	7:02	7:06	
19	Thu	**2:04**	3.7	**2:38**	3.1	**8:43**	0.9	**8:50**	1.1	7:00	7:07	
20	Fri	**3:00**	3.6	**3:37**	3.2	**9:44**	0.8	**9:54**	1.0	6:58	7:08	
21	Sat	**4:00**	3.7	**4:38**	3.4	**10:36**	0.6	**10:49**	0.7	6:57	7:09	
22	Sun	**4:59**	3.8	**5:31**	3.7	**11:22**	0.4	**11:37**	0.5	6:55	7:10	
23	Mon	**5:49**	4.1	**6:15**	4.0			**12:04**	0.1	6:53	7:11	
24	Tue	**6:32**	4.3	**6:54**	4.3	**12:23**	0.2	**12:45**	0.0	6:52	7:12	
25	Wed	**7:11**	4.4	**7:29**	4.6	**1:07**	0.0	**1:24**	-0.2	6:50	7:13	
26	Thu	**7:49**	4.5	**8:04**	4.8	**1:51**	-0.2	**2:03**	-0.3	6:49	7:14	
27	Fri	**8:27**	4.5	**8:40**	4.9	**2:35**	-0.3	**2:42**	-0.3	6:47	7:15	
28	Sat	**9:08**	4.4	**9:20**	5.0	**3:18**	-0.4	**3:21**	-0.3	6:45	7:16	
29	Sun	**9:52**	4.2	**10:05**	5.0	**4:01**	-0.3	**4:00**	-0.2	6:44	7:17	
30	Mon	**10:44**	4.0	**10:57**	4.8	**4:46**	-0.2	**4:42**	-0.1	6:42	7:18	
31	Tue	**11:42**	3.9	**11:58**	4.7	**5:37**	0.0	**5:31**	0.1	6:40	7:19	