


































Seaside Heights, NJ - Mar 2026

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sun | 5:29 | 4.7 | 5:58 | 4.3 | 11:55 | -0.6 | | | 6:28 | 5:47 |  |
| 2 | Mon | 6:16 | 4.8 | 6:44 | 4.5 | 12:03 | -0.5 | 12:41 | -0.7 | 6:27 | 5:49 |  |
| 3 | Tue | 7:00 | 4.8 | 7:27 | 4.7 | 12:52 | -0.5 | 1:24 | -0.7 | 6:25 | 5:50 |  |
| 4 | Wed | 7:41 | 4.7 | 8:08 | 4.7 | 1:38 | -0.6 | 2:04 | -0.7 | 6:24 | 5:51 |  |
| 5 | Thu | 8:22 | 4.4 | 8:48 | 4.6 | 2:21 | -0.5 | 2:40 | -0.5 | 6:22 | 5:52 |  |
| 6 | Fri | 9:02 | 4.2 | 9:28 | 4.4 | 3:01 | -0.3 | 3:14 | -0.3 | 6:21 | 5:53 |  |
| 7 | Sat | 9:44 | 3.9 | 10:09 | 4.2 | 3:39 | -0.1 | 3:46 | 0.0 | 6:19 | 5:54 |  |
| 8 | Sun | 11:28 | 3.6 | 11:52 | 4.0 | 5:18 | 0.2 | 5:19 | 0.3 | 7:18 | 6:55 |  |
| 9 | Mon | | | 12:15 | 3.3 | 6:00 | 0.4 | 5:54 | 0.6 | 7:16 | 6:56 |  |
| 10 | Tue | 12:38 | 3.8 | 1:05 | 3.1 | 6:52 | 0.7 | 6:42 | 0.9 | 7:14 | 6:57 |  |
| 11 | Wed | 1:26 | 3.7 | 1:57 | 3.0 | 7:58 | 0.9 | 7:52 | 1.0 | 7:13 | 6:58 |  |
| 12 | Thu | 2:19 | 3.6 | 2:54 | 3.0 | 9:07 | 0.9 | 9:08 | 1.0 | 7:11 | 6:59 |  |
| 13 | Fri | 3:18 | 3.6 | 3:58 | 3.1 | 10:07 | 0.7 | 10:12 | 0.9 | 7:10 | 7:00 |  |
| 14 | Sat | 4:21 | 3.8 | 4:59 | 3.3 | 10:59 | 0.5 | 11:06 | 0.6 | 7:08 | 7:01 |  |
| 15 | Sun | 5:19 | 4.0 | 5:50 | 3.6 | 11:45 | 0.2 | 11:55 | 0.3 | 7:07 | 7:02 |  |
| 16 | Mon | 6:08 | 4.3 | 6:34 | 4.0 | | | 12:28 | -0.1 | 7:05 | 7:03 |  |
| 17 | Tue | 6:51 | 4.5 | 7:13 | 4.4 | 12:42 | 0.0 | 1:10 | -0.3 | 7:03 | 7:05 |  |
| 18 | Wed | 7:31 | 4.7 | 7:51 | 4.7 | 1:29 | -0.2 | 1:51 | -0.5 | 7:02 | 7:06 |  |
| 19 | Thu | 8:12 | 4.7 | 8:30 | 4.9 | 2:16 | -0.5 | 2:32 | -0.6 | 7:00 | 7:07 |  |
| 20 | Fri | 8:55 | 4.6 | 9:12 | 5.1 | 3:02 | -0.6 | 3:12 | -0.6 | 6:58 | 7:08 |  |
| 21 | Sat | 9:40 | 4.5 | 9:58 | 5.1 | 3:47 | -0.6 | 3:53 | -0.6 | 6:57 | 7:09 |  |
| 22 | Sun | 10:31 | 4.2 | 10:50 | 4.9 | 4:34 | -0.5 | 4:35 | -0.4 | 6:55 | 7:10 |  |
| 23 | Mon | 11:28 | 4.0 | 11:49 | 4.8 | 5:24 | -0.2 | 5:22 | -0.1 | 6:54 | 7:11 |  |
| 24 | Tue | | | 12:31 | 3.8 | 6:23 | 0.1 | 6:20 | 0.2 | 6:52 | 7:12 |  |
| 25 | Wed | 12:52 | 4.6 | 1:34 | 3.7 | 7:34 | 0.3 | 7:34 | 0.4 | 6:50 | 7:13 |  |
| 26 | Thu | 1:56 | 4.4 | 2:39 | 3.7 | 8:49 | 0.3 | 8:53 | 0.5 | 6:49 | 7:14 |  |
| 27 | Fri | 3:02 | 4.3 | 3:46 | 3.8 | 9:55 | 0.2 | 10:03 | 0.4 | 6:47 | 7:15 |  |
| 28 | Sat | 4:11 | 4.3 | 4:52 | 4.0 | 10:52 | 0.0 | 11:03 | 0.2 | 6:45 | 7:16 |  |
| 29 | Sun | 5:15 | 4.4 | 5:49 | 4.3 | 11:42 | -0.1 | 11:56 | 0.0 | 6:44 | 7:17 |  |
| 30 | Mon | 6:08 | 4.5 | 6:37 | 4.6 | | | 12:28 | -0.3 | 6:42 | 7:18 |  |
| 31 | Tue | 6:54 | 4.6 | 7:19 | 4.8 | 12:45 | -0.2 | 1:11 | -0.3 | 6:41 | 7:19 |  |