US HARBORS www.USHarbors.com

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	