US HARBORS www.USHarbors.com

Seaside Heights, NJ - Mar 2029

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	7:23	5.1	7:53	5.2	1:23	-1.0	1:51	-1.1	6:28	5:48	
2	Fri	8:11	5.0	8:42	5.2	2:14	-1.1	2:36	-1.1	6:26	5:49	
3	Sat	9:02	4.7	9:34	5.1	3:03	-1.0	3:21	-1.0	6:25	5:50	
4	Sun	9:57	4.4	10:30	4.9	3:53	-0.8	4:07	-0.7	6:23	5:51	
5	Mon	10:55	4.1	11:27	4.7	4:47	-0.4	4:59	-0.3	6:22	5:52	
6	Tue	11:55	3.8			5:48	-0.1	6:00	0.1	6:20	5:53	
7	Wed	12:26	4.4	12:55	3.6	6:57	0.2	7:10	0.3	6:19	5:54	
8	Thu	1:25	4.2	1:57	3.5	8:06	0.3	8:21	0.4	6:17	5:55	
9	Fri	2:27	4.1	3:02	3.5	9:09	0.2	9:23	0.4	6:16	5:56	
10	Sat	3:31	4.1	4:05	3.7	10:03	0.1	10:17	0.3	6:14	5:57	
11	Sun	5:29	4.1	5:58	3.9	11:50	0.0			7:12	6:59	
12	Mon	6:18	4.3	6:42	4.1	12:06	0.1	12:33	-0.1	7:11	7:00	
13	Tue	7:00	4.4	7:21	4.3	12:51	0.0	1:12	-0.2	7:09	7:01	
14	Wed	7:39	4.4	7:58	4.4	1:33	-0.1	1:50	-0.2	7:08	7:02	
15	Thu	8:16	4.3	8:32	4.5	2:15	-0.2	2:27	-0.2	7:06	7:03	
16	Fri	8:52	4.2	9:06	4.5	2:54	-0.2	3:01	-0.2	7:04	7:04	
17	Sat	9:27	4.1	9:37	4.4	3:30	-0.1	3:33	-0.1	7:03	7:05	
18	Sun	10:03	3.9	10:08	4.3	4:05	0.0	4:04	0.1	7:01	7:06	
19	Mon	10:41	3.7	10:41	4.1	4:40	0.2	4:34	0.3	7:00	7:07	
20	Tue	11:22	3.5	11:20	4.1	5:15	0.4	5:05	0.5	6:58	7:08	
21	Wed			12:10	3.3	5:56	0.6	5:43	0.6	6:56	7:09	
22	Thu	12:10	4.0	1:03	3.3	6:52	0.7	6:38	0.8	6:55	7:10	
23	Fri	1:07	4.0	2:00	3.3	8:06	0.8	7:58	0.8	6:53	7:11	
24	Sat	2:09	4.0	3:02	3.5	9:17	0.6	9:17	0.6	6:52	7:12	
25	Sun	3:15	4.1	4:07	3.8	10:16	0.3	10:24	0.3	6:50	7:13	
26	Mon	4:25	4.3	5:09	4.2	11:09	0.0	11:23	-0.1	6:48	7:14	
27	Tue	5:28	4.6	6:04	4.7	11:58	-0.4			6:47	7:15	
28	Wed	6:23	4.9	6:54	5.2	12:18	-0.5	12:47	-0.6	6:45	7:16	
29	Thu	7:14	5.0	7:42	5.5	1:12	-0.8	1:36	-0.8	6:43	7:17	
30	Fri	8:03	5.1	8:30	5.7	2:06	-0.9	2:24	-0.9	6:42	7:18	
31	Sat	8:54	5.0	9:20	5.6	2:58	-1.0	3:12	-0.9	6:40	7:19	