US HARBORS www.USHarbors.com

Seaside Heights, NJ - Mar 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	4:51	4.5	5:20	4.2	11:13	-0.4	11:30	-0.3	6:28	5:47	
2	Sat	5:42	4.7	6:07	4.4			12:00	-0.6	6:27	5:49	
3	Sun	6:27	4.7	6:50	4.5	12:19	-0.4	12:44	-0.6	6:25	5:50	
4	Mon	7:09	4.7	7:30	4.6	1:05	-0.5	1:26	-0.6	6:24	5:51	
5	Tue	7:49	4.6	8:09	4.6	1:48	-0.5	2:04	-0.5	6:22	5:52	
6	Wed	8:29	4.3	8:47	4.4	2:29	-0.4	2:39	-0.4	6:21	5:53	
7	Thu	9:09	4.1	9:25	4.3	3:07	-0.2	3:13	-0.2	6:19	5:54	
8	Fri	9:51	3.8	10:05	4.1	3:44	0.0	3:45	0.0	6:18	5:55	
9	Sat	10:36	3.6	10:47	3.9	4:22	0.3	4:18	0.3	6:16	5:56	
10	Sun			12:23	3.4	6:04	0.5	5:56	0.6	7:14	6:57	
11	Mon	12:32	3.8	1:13	3.2	6:58	0.7	6:47	0.8	7:13	6:58	
12	Tue	1:20	3.7	2:04	3.2	8:05	0.8	7:56	0.9	7:11	6:59	
13	Wed	2:12	3.7	3:00	3.2	9:12	0.8	9:08	0.8	7:10	7:00	
14	Thu	3:10	3.7	4:01	3.3	10:10	0.6	10:11	0.6	7:08	7:01	
15	Fri	4:14	3.9	5:00	3.6	11:00	0.3	11:06	0.3	7:06	7:02	
16	Sat	5:14	4.1	5:51	4.0	11:47	0.0	11:56	0.0	7:05	7:04	
17	Sun	6:05	4.4	6:36	4.4			12:31	-0.2	7:03	7:05	
18	Mon	6:51	4.7	7:19	4.8	12:46	-0.3	1:15	-0.5	7:02	7:06	
19	Tue	7:35	4.8	8:02	5.1	1:36	-0.6	2:00	-0.7	7:00	7:07	
20	Wed	8:20	4.8	8:46	5.3	2:25	-0.8	2:44	-0.8	6:58	7:08	
21	Thu	9:07	4.8	9:33	5.3	3:14	-0.9	3:28	-0.8	6:57	7:09	
22	Fri	9:57	4.6	10:25	5.2	4:02	-0.8	4:13	-0.6	6:55	7:10	
23	Sat	10:52	4.4	11:21	5.0	4:51	-0.6	5:00	-0.4	6:54	7:11	
24	Sun	11:53	4.1			5:45	-0.3	5:54	-0.1	6:52	7:12	
25	Mon	12:22	4.8	12:55	4.0	6:47	-0.1	6:59	0.2	6:50	7:13	
26	Tue	1:23	4.6	1:57	3.9	7:56	0.1	8:13	0.4	6:49	7:14	
27	Wed	2:24	4.4	2:59	3.9	9:04	0.2	9:24	0.4	6:47	7:15	
28	Thu	3:27	4.3	4:04	4.0	10:06	0.1	10:27	0.3	6:45	7:16	
29	Fri	4:31	4.3	5:05	4.2	10:59	0.0	11:22	0.1	6:44	7:17	
30	Sat	5:29	4.4	5:58	4.4	11:47	-0.1			6:42	7:18	
31	Sun	6:19	4.5	6:43	4.6	12:12	0.0	12:31	-0.2	6:41	7:19	