US HARBORS www.USHarbors.com

Seaside Heights, NJ - Mar 2031

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	12:40	3.7	1:13	3.3	7:17	0.7	7:14	0.7	6:29	5:47	
2	Sun	1:32	3.6	2:08	3.2	8:19	0.7	8:18	0.7	6:27	5:48	
3	Mon	2:28	3.6	3:08	3.3	9:16	0.6	9:15	0.6	6:26	5:49	
4	Tue	3:28	3.7	4:06	3.4	10:05	0.4	10:07	0.4	6:24	5:51	
5	Wed	4:24	3.9	4:56	3.7	10:50	0.2	10:55	0.2	6:23	5:52	
6	Thu	5:11	4.1	5:39	4.0	11:32	0.0	11:40	0.0	6:21	5:53	
7	Fri	5:52	4.3	6:18	4.2			12:14	-0.2	6:20	5:54	
8	Sat	6:29	4.4	6:55	4.4	12:25	-0.2	12:53	-0.3	6:18	5:55	
9	Sun	8:06	4.5	8:30	4.6	1:08	-0.4	2:32	-0.4	7:16	6:56	
10	Mon	8:43	4.5	9:07	4.7	2:51	-0.5	3:09	-0.5	7:15	6:57	
11	Tue	9:22	4.4	9:47	4.7	3:33	-0.5	3:46	-0.4	7:13	6:58	
12	Wed	10:05	4.2	10:33	4.7	4:15	-0.4	4:24	-0.4	7:12	6:59	
13	Thu	10:56	4.1	11:26	4.6	4:59	-0.3	5:05	-0.2	7:10	7:00	
14	Fri	11:54	3.9			5:50	-0.1	5:55	0.0	7:08	7:01	
15	Sat	12:25	4.6	12:56	3.8	6:53	0.1	7:01	0.2	7:07	7:02	
16	Sun	1:27	4.5	1:59	3.8	8:05	0.2	8:19	0.3	7:05	7:03	
17	Mon	2:31	4.4	3:05	3.8	9:16	0.1	9:33	0.2	7:04	7:04	
18	Tue	3:37	4.5	4:14	4.0	10:19	-0.1	10:38	0.0	7:02	7:05	
19	Wed	4:45	4.6	5:18	4.3	11:15	-0.3	11:36	-0.3	7:00	7:06	
20	Thu	5:45	4.7	6:14	4.6			12:06	-0.6	6:59	7:07	
21	Fri	6:38	4.9	7:03	4.9	12:30	-0.5	12:54	-0.7	6:57	7:08	
22	Sat	7:25	4.9	7:48	5.1	1:21	-0.6	1:41	-0.7	6:56	7:09	
23	Sun	8:10	4.9	8:31	5.1	2:10	-0.7	2:25	-0.7	6:54	7:10	
24	Mon	8:54	4.7	9:13	5.0	2:56	-0.6	3:06	-0.6	6:52	7:11	
25	Tue	9:38	4.5	9:55	4.8	3:39	-0.5	3:45	-0.3	6:51	7:13	
26	Wed	10:23	4.2	10:37	4.5	4:19	-0.3	4:22	-0.1	6:49	7:14	
27	Thu	11:10	3.9	11:22	4.3	5:00	0.0	4:59	0.2	6:47	7:15	
28	Fri	11:59	3.7			5:42	0.3	5:38	0.5	6:46	7:16	
29	Sat	12:09	4.0	12:50	3.5	6:30	0.6	6:25	0.8	6:44	7:17	
30	Sun	12:58	3.9	1:41	3.4	7:29	0.8	7:26	1.0	6:43	7:18	
31	Mon	1:48	3.8	2:32	3.4	8:32	0.9	8:35	1.0	6:41	7:19	