



## Seaside Heights, NJ - Mar 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	6:57	5.3	7:23	5.1	12:53	-1.0	1:22	-1.3	6:28	5:48	☀
2	Wed	7:47	5.3	8:12	5.2	1:46	-1.2	2:10	-1.3	6:26	5:49	☀
3	Thu	8:38	5.1	9:04	5.2	2:37	-1.2	2:57	-1.3	6:25	5:50	☀
4	Fri	9:31	4.9	9:58	5.0	3:27	-1.0	3:43	-1.0	6:23	5:51	☀
5	Sat	10:27	4.6	10:54	4.8	4:18	-0.7	4:32	-0.7	6:22	5:52	☀
6	Sun	11:25	4.2	11:51	4.5	5:14	-0.3	5:25	-0.3	6:20	5:53	☀
7	Mon			12:22	4.0	6:17	0.0	6:27	0.1	6:19	5:54	☀
8	Tue	12:47	4.3	1:19	3.8	7:25	0.2	7:33	0.3	6:17	5:55	☀
9	Wed	1:44	4.1	2:18	3.7	8:30	0.3	8:37	0.4	6:16	5:56	☀
10	Thu	2:44	4.0	3:20	3.7	9:27	0.2	9:34	0.3	6:14	5:57	☀
11	Fri	3:45	4.0	4:17	3.8	10:17	0.1	10:24	0.2	6:12	5:59	☀
12	Sat	4:40	4.1	5:07	4.0	11:02	0.0	11:10	0.1	6:11	6:00	☀
13	Sun	6:26	4.2	6:50	4.2			12:44	-0.1	7:09	7:01	☀
14	Mon	7:06	4.3	7:30	4.4	12:54	0.0	1:24	-0.2	7:08	7:02	☀
15	Tue	7:44	4.4	8:07	4.5	1:37	-0.1	2:02	-0.2	7:06	7:03	☀
16	Wed	8:20	4.3	8:42	4.5	2:18	-0.2	2:39	-0.2	7:04	7:04	☀
17	Thu	8:55	4.2	9:16	4.4	2:57	-0.2	3:13	-0.1	7:03	7:05	☀
18	Fri	9:29	4.1	9:49	4.3	3:34	-0.1	3:45	0.0	7:01	7:06	☀
19	Sat	10:03	3.9	10:22	4.3	4:09	0.0	4:16	0.1	7:00	7:07	☀
20	Sun	10:38	3.8	10:58	4.2	4:44	0.1	4:45	0.3	6:58	7:08	☀
21	Mon	11:20	3.6	11:42	4.1	5:21	0.3	5:17	0.4	6:56	7:09	☀
22	Tue			12:11	3.5	6:06	0.4	6:00	0.6	6:55	7:10	☀
23	Wed	12:35	4.1	1:08	3.5	7:06	0.5	7:05	0.7	6:53	7:11	☀
24	Thu	1:34	4.2	2:08	3.6	8:19	0.5	8:30	0.6	6:51	7:12	☀
25	Fri	2:36	4.2	3:13	3.8	9:28	0.3	9:44	0.4	6:50	7:13	☀
26	Sat	3:44	4.4	4:22	4.1	10:28	0.0	10:48	0.0	6:48	7:14	☀
27	Sun	4:52	4.6	5:25	4.5	11:23	-0.3	11:46	-0.3	6:47	7:15	☀
28	Mon	5:53	4.9	6:21	5.0			12:15	-0.7	6:45	7:16	☀
29	Tue	6:47	5.2	7:12	5.3	12:42	-0.7	1:06	-0.9	6:43	7:17	☀
30	Wed	7:38	5.3	8:02	5.6	1:36	-0.9	1:56	-1.1	6:42	7:18	☀
31	Thu	8:28	5.3	8:51	5.6	2:30	-1.1	2:45	-1.1	6:40	7:19	☀