






























Seaside Heights, NJ - Mar 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	4:16	4.3	4:47	4.0	10:46	-0.3	10:54	-0.2	6:28	5:48	
2	Thu	5:10	4.5	5:38	4.2	11:34	-0.4	11:43	-0.3	6:27	5:49	
3	Fri	5:57	4.6	6:22	4.4			12:19	-0.5	6:25	5:50	
4	Sat	6:39	4.6	7:04	4.5	12:29	-0.4	1:02	-0.5	6:24	5:51	
5	Sun	7:19	4.6	7:43	4.5	1:13	-0.4	1:41	-0.5	6:22	5:52	
6	Mon	7:57	4.4	8:22	4.4	1:55	-0.4	2:18	-0.4	6:21	5:53	
7	Tue	8:35	4.3	9:00	4.3	2:33	-0.3	2:52	-0.3	6:19	5:54	
8	Wed	9:14	4.0	9:39	4.2	3:10	-0.2	3:25	-0.1	6:18	5:55	
9	Thu	9:53	3.8	10:19	4.0	3:47	0.0	3:56	0.1	6:16	5:56	
10	Fri	10:35	3.6	11:01	3.9	4:24	0.3	4:29	0.4	6:14	5:57	
11	Sat	11:21	3.4	11:46	3.8	5:06	0.5	5:07	0.6	6:13	5:58	
12	Sun			1:09	3.3	7:00	0.7	7:00	0.8	7:11	6:59	
13	Mon	1:33	3.8	2:01	3.3	8:07	0.7	8:13	0.8	7:10	7:00	
14	Tue	2:26	3.8	2:58	3.3	9:14	0.6	9:24	0.7	7:08	7:01	
15	Wed	3:25	3.9	4:01	3.5	10:13	0.4	10:25	0.5	7:06	7:02	
16	Thu	4:29	4.1	5:03	3.8	11:06	0.1	11:20	0.1	7:05	7:04	
17	Fri	5:29	4.4	5:57	4.2	11:55	-0.2			7:03	7:05	
18	Sat	6:21	4.8	6:46	4.6	12:12	-0.2	12:43	-0.5	7:02	7:06	
19	Sun	7:09	5.0	7:32	5.0	1:04	-0.6	1:31	-0.8	7:00	7:07	
20	Mon	7:56	5.2	8:18	5.2	1:56	-0.8	2:18	-1.0	6:58	7:08	
21	Tue	8:44	5.2	9:06	5.4	2:47	-1.0	3:05	-1.0	6:57	7:09	
22	Wed	9:35	5.0	9:57	5.3	3:36	-1.0	3:51	-1.0	6:55	7:10	
23	Thu	10:28	4.8	10:51	5.2	4:26	-0.9	4:38	-0.8	6:53	7:11	
24	Fri	11:26	4.6	11:49	5.0	5:17	-0.6	5:28	-0.5	6:52	7:12	
25	Sat			12:26	4.3	6:14	-0.3	6:24	-0.1	6:50	7:13	
26	Sun	12:49	4.7	1:25	4.1	7:19	0.0	7:30	0.2	6:49	7:14	
27	Mon	1:48	4.5	2:25	4.0	8:28	0.1	8:40	0.4	6:47	7:15	
28	Tue	2:47	4.3	3:26	4.0	9:33	0.2	9:45	0.4	6:45	7:16	
29	Wed	3:50	4.2	4:28	4.0	10:31	0.1	10:43	0.3	6:44	7:17	
30	Thu	4:52	4.2	5:25	4.2	11:21	0.0	11:35	0.2	6:42	7:18	
31	Fri	5:46	4.3	6:14	4.4			12:06	-0.1	6:41	7:19	