


































## Seaside Heights, NJ - Mar 2024

| Date |     | High  |     |       |     | Low   |      |       |      |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM    | ft   | Rise  | Set  | Moon  |
| 1    | Sun | 12:42 | 4.1 | 1:05  | 3.5 | 7:06  | 0.4  | 7:22  | 0.5  | 6:28  | 5:48 |    |
| 2    | Mon | 1:34  | 3.9 | 2:00  | 3.3 | 8:09  | 0.5  | 8:22  | 0.6  | 6:26  | 5:49 |    |
| 3    | Tue | 2:29  | 3.8 | 2:59  | 3.3 | 9:07  | 0.5  | 9:18  | 0.5  | 6:25  | 5:50 |    |
| 4    | Wed | 3:28  | 3.8 | 3:58  | 3.4 | 9:57  | 0.3  | 10:08 | 0.4  | 6:23  | 5:51 |    |
| 5    | Thu | 4:23  | 4.0 | 4:50  | 3.6 | 10:43 | 0.2  | 10:55 | 0.3  | 6:22  | 5:52 |    |
| 6    | Fri | 5:11  | 4.1 | 5:35  | 3.8 | 11:27 | 0.0  | 11:39 | 0.1  | 6:20  | 5:53 |    |
| 7    | Sat | 5:53  | 4.3 | 6:15  | 4.0 |       |      | 12:08 | -0.1 | 6:19  | 5:54 |    |
| 8    | Sun | 7:32  | 4.4 | 7:52  | 4.2 | 12:23 | 0.0  | 1:48  | -0.3 | 7:17  | 6:55 |    |
| 9    | Mon | 8:08  | 4.4 | 8:27  | 4.3 | 2:05  | -0.1 | 2:27  | -0.3 | 7:16  | 6:56 |    |
| 10   | Tue | 8:43  | 4.4 | 8:59  | 4.3 | 2:45  | -0.2 | 3:03  | -0.3 | 7:14  | 6:57 |    |
| 11   | Wed | 9:18  | 4.3 | 9:32  | 4.3 | 3:23  | -0.2 | 3:37  | -0.3 | 7:13  | 6:58 |    |
| 12   | Thu | 9:54  | 4.2 | 10:06 | 4.3 | 3:59  | -0.2 | 4:10  | -0.2 | 7:11  | 6:59 |   |
| 13   | Fri | 10:34 | 4.0 | 10:47 | 4.3 | 4:36  | -0.1 | 4:43  | -0.1 | 7:09  | 7:01 |  |
| 14   | Sat | 11:21 | 3.9 | 11:36 | 4.3 | 5:17  | 0.1  | 5:21  | 0.0  | 7:08  | 7:02 |  |
| 15   | Sun |       |     | 12:16 | 3.8 | 6:06  | 0.2  | 6:09  | 0.2  | 7:06  | 7:03 |  |
| 16   | Mon | 12:34 | 4.3 | 1:16  | 3.7 | 7:13  | 0.4  | 7:15  | 0.3  | 7:05  | 7:04 |  |
| 17   | Tue | 1:35  | 4.4 | 2:19  | 3.7 | 8:29  | 0.3  | 8:34  | 0.3  | 7:03  | 7:05 |  |
| 18   | Wed | 2:41  | 4.4 | 3:26  | 3.9 | 9:40  | 0.2  | 9:47  | 0.1  | 7:01  | 7:06 |  |
| 19   | Thu | 3:51  | 4.5 | 4:36  | 4.1 | 10:41 | -0.1 | 10:52 | -0.2 | 7:00  | 7:07 |  |
| 20   | Fri | 5:01  | 4.7 | 5:39  | 4.5 | 11:37 | -0.4 | 11:51 | -0.5 | 6:58  | 7:08 |  |
| 21   | Sat | 6:02  | 5.0 | 6:34  | 4.9 |       |      | 12:30 | -0.7 | 6:56  | 7:09 |  |
| 22   | Sun | 6:55  | 5.1 | 7:25  | 5.2 | 12:46 | -0.7 | 1:20  | -0.9 | 6:55  | 7:10 |  |
| 23   | Mon | 7:45  | 5.2 | 8:13  | 5.3 | 1:40  | -0.9 | 2:09  | -1.0 | 6:53  | 7:11 |  |
| 24   | Tue | 8:33  | 5.1 | 9:00  | 5.3 | 2:31  | -1.0 | 2:56  | -1.0 | 6:52  | 7:12 |  |
| 25   | Wed | 9:21  | 5.0 | 9:48  | 5.2 | 3:20  | -0.9 | 3:40  | -0.8 | 6:50  | 7:13 |  |
| 26   | Thu | 10:10 | 4.7 | 10:35 | 4.9 | 4:06  | -0.7 | 4:22  | -0.5 | 6:48  | 7:14 |  |
| 27   | Fri | 11:00 | 4.3 | 11:25 | 4.7 | 4:51  | -0.4 | 5:04  | -0.1 | 6:47  | 7:15 |  |
| 28   | Sat | 11:52 | 4.0 |       |     | 5:37  | -0.1 | 5:48  | 0.3  | 6:45  | 7:16 |  |
| 29   | Sun | 12:15 | 4.4 | 12:44 | 3.8 | 6:27  | 0.3  | 6:38  | 0.6  | 6:44  | 7:17 |  |
| 30   | Mon | 1:06  | 4.2 | 1:36  | 3.6 | 7:25  | 0.6  | 7:38  | 0.9  | 6:42  | 7:18 |  |
| 31   | Tue | 1:56  | 4.0 | 2:28  | 3.5 | 8:27  | 0.7  | 8:43  | 1.0  | 6:40  | 7:19 |  |