US HARBORS www.USHarbors.com

Seaside Heights, NJ - Mar 2068

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	**4:37**	4.7	**5:07**	4.4	**11:06**	-0.6	**11:22**	-0.6	6:27	5:48	
2	Fri	**5:33**	5.1	**6:00**	4.8	**11:57**	-0.9			6:26	5:49	
3	Sat	**6:24**	5.2	**6:50**	5.1	**12:18**	-0.9	**12:47**	-1.2	6:24	5:50	
4	Sun	**7:14**	5.3	**7:39**	5.3	**1:12**	-1.1	**1:36**	-1.3	6:23	5:52	
5	Mon	**8:04**	5.2	**8:29**	5.3	**2:04**	-1.2	**2:23**	-1.3	6:21	5:53	
6	Tue	**8:55**	4.9	**9:20**	5.1	**2:54**	-1.1	**3:08**	-1.1	6:19	5:54	
7	Wed	**9:48**	4.6	**10:14**	4.9	**3:43**	-0.8	**3:54**	-0.8	6:18	5:55	
8	Thu	**10:44**	4.3	**11:09**	4.6	**4:34**	-0.5	**4:42**	-0.3	6:16	5:56	
9	Fri	**11:41**	4.0			**5:30**	-0.1	**5:37**	0.1	6:15	5:57	
10	Sat	**12:04**	4.3	**12:37**	3.7	**6:34**	0.2	**6:39**	0.4	6:13	5:58	
11	Sun	**12:59**	4.1	**2:33**	3.6	**8:41**	0.4	**8:46**	0.6	7:12	6:59	
12	Mon	**2:56**	3.9	**3:32**	3.5	**9:43**	0.4	**9:48**	0.6	7:10	7:00	
13	Tue	**3:55**	3.8	**4:32**	3.6	**10:37**	0.4	**10:42**	0.5	7:08	7:01	
14	Wed	**4:55**	3.9	**5:27**	3.8	**11:24**	0.2	**11:31**	0.3	7:07	7:02	
15	Thu	**5:47**	4.0	**6:14**	4.0			**12:06**	0.1	7:05	7:03	
16	Fri	**6:31**	4.1	**6:55**	4.2	**12:16**	0.2	**12:46**	0.0	7:04	7:04	
17	Sat	**7:10**	4.2	**7:33**	4.4	**12:59**	0.0	**1:25**	-0.1	7:02	7:05	
18	Sun	**7:46**	4.3	**8:08**	4.5	**1:41**	-0.1	**2:02**	-0.1	7:00	7:06	
19	Mon	**8:21**	4.2	**8:42**	4.5	**2:22**	-0.2	**2:38**	-0.1	6:59	7:07	
20	Tue	**8:55**	4.1	**9:14**	4.5	**3:01**	-0.2	**3:12**	-0.1	6:57	7:08	
21	Wed	**9:28**	4.0	**9:45**	4.4	**3:38**	-0.1	**3:44**	0.0	6:55	7:09	
22	Thu	**10:02**	3.9	**10:19**	4.4	**4:14**	0.0	**4:14**	0.2	6:54	7:10	
23	Fri	**10:41**	3.7	**11:00**	4.3	**4:50**	0.1	**4:45**	0.3	6:52	7:11	
24	Sat	**11:29**	3.6	**11:51**	4.3	**5:30**	0.3	**5:22**	0.4	6:51	7:13	
25	Sun			**12:26**	3.6	**6:21**	0.4	**6:14**	0.6	6:49	7:14	
26	Mon	**12:51**	4.3	**1:27**	3.6	**7:29**	0.5	**7:31**	0.6	6:47	7:15	
27	Tue	**1:53**	4.3	**2:30**	3.7	**8:42**	0.4	**8:56**	0.5	6:46	7:16	
28	Wed	**2:59**	4.4	**3:37**	4.0	**9:47**	0.2	**10:07**	0.2	6:44	7:17	
29	Thu	**4:08**	4.5	**4:45**	4.4	**10:45**	-0.2	**11:09**	-0.1	6:43	7:18	
30	Fri	**5:14**	4.7	**5:45**	4.8	**11:39**	-0.5			6:41	7:19	
31	Sat	**6:12**	5.0	**6:39**	5.2	**12:06**	-0.5	**12:30**	-0.7	6:39	7:20	