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# Seaside Park, NJ - Mar 2001

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Thu | 11:11 | 3.6 | 11:32 | 4.1 | 5:01 | 0.3 | 5:05 | 0.1 | 6:28 | 5:48 | |
| 2 | Fri | | | 12:09 | 3.5 | 6:05 | 0.4 | 6:04 | 0.3 | 6:27 | 5:49 | |
| 3 | Sat | 12:31 | 4.2 | 1:11 | 3.5 | 7:25 | 0.5 | 7:22 | 0.3 | 6:25 | 5:50 | |
| 4 | Sun | 1:34 | 4.3 | 2:19 | 3.5 | 8:39 | 0.3 | 8:38 | 0.1 | 6:24 | 5:51 | |
| 5 | Mon | 2:46 | 4.4 | 3:32 | 3.7 | 9:43 | 0.0 | 9:45 | -0.1 | 6:22 | 5:52 | |
| 6 | Tue | 3:58 | 4.6 | 4:38 | 4.1 | 10:41 | -0.4 | 10:46 | -0.4 | 6:21 | 5:53 | |
| 7 | Wed | 5:01 | 4.9 | 5:35 | 4.5 | 11:34 | -0.7 | 11:43 | -0.7 | 6:19 | 5:54 | |
| 8 | Thu | 5:56 | 5.2 | 6:27 | 4.8 | | | 12:26 | -0.9 | 6:18 | 5:55 | |
| 9 | Fri | 6:47 | 5.3 | 7:17 | 5.1 | 12:38 | -0.9 | 1:16 | -1.1 | 6:16 | 5:56 | |
| 10 | Sat | 7:36 | 5.2 | 8:05 | 5.1 | 1:31 | -1.0 | 2:03 | -1.1 | 6:15 | 5:57 | |
| 11 | Sun | 8:24 | 5.1 | 8:54 | 5.1 | 2:21 | -1.0 | 2:47 | -1.0 | 6:13 | 5:59 | |
| 12 | Mon | 9:13 | 4.8 | 9:43 | 4.9 | 3:08 | -0.8 | 3:30 | -0.8 | 6:11 | 6:00 | |
| 13 | Tue | 10:04 | 4.4 | 10:33 | 4.7 | 3:55 | -0.5 | 4:12 | -0.4 | 6:10 | 6:01 | |
| 14 | Wed | 10:56 | 4.1 | 11:24 | 4.4 | 4:43 | -0.2 | 4:57 | 0.0 | 6:08 | 6:02 | |
| 15 | Thu | 11:49 | 3.7 | | | 5:36 | 0.2 | 5:47 | 0.4 | 6:07 | 6:03 | |
| 16 | Fri | 12:15 | 4.2 | 12:41 | 3.5 | 6:36 | 0.5 | 6:47 | 0.7 | 6:05 | 6:04 | |
| 17 | Sat | 1:06 | 4.0 | 1:35 | 3.3 | 7:41 | 0.6 | 7:51 | 0.9 | 6:03 | 6:05 | |
| 18 | Sun | 2:00 | 3.8 | 2:33 | 3.3 | 8:42 | 0.6 | 8:52 | 0.8 | 6:02 | 6:06 | |
| 19 | Mon | 2:59 | 3.8 | 3:34 | 3.4 | 9:35 | 0.5 | 9:46 | 0.7 | 6:00 | 6:07 | |
| 20 | Tue | 3:58 | 3.9 | 4:30 | 3.6 | 10:23 | 0.4 | 10:35 | 0.5 | 5:59 | 6:08 | |
| 21 | Wed | 4:50 | 4.1 | 5:17 | 3.8 | 11:06 | 0.2 | 11:20 | 0.3 | 5:57 | 6:09 | |
| 22 | Thu | 5:34 | 4.2 | 5:57 | 4.1 | 11:48 | 0.0 | | | 5:55 | 6:10 | |
| 23 | Fri | 6:14 | 4.4 | 6:34 | 4.3 | 12:04 | 0.2 | 12:27 | -0.1 | 5:54 | 6:11 | |
| 24 | Sat | 6:50 | 4.4 | 7:08 | 4.4 | 12:46 | 0.0 | 1:06 | -0.2 | 5:52 | 6:12 | |
| 25 | Sun | 7:25 | 4.4 | 7:40 | 4.5 | 1:27 | -0.1 | 1:42 | -0.2 | 5:50 | 6:13 | |
| 26 | Mon | 8:00 | 4.4 | 8:12 | 4.6 | 2:06 | -0.1 | 2:17 | -0.2 | 5:49 | 6:14 | |
| 27 | Tue | 8:36 | 4.2 | 8:46 | 4.6 | 2:44 | -0.1 | 2:50 | -0.1 | 5:47 | 6:15 | |
| 28 | Wed | 9:16 | 4.1 | 9:26 | 4.6 | 3:22 | -0.1 | 3:24 | 0.0 | 5:46 | 6:16 | |
| 29 | Thu | 10:03 | 3.9 | 10:14 | 4.5 | 4:02 | 0.1 | 4:00 | 0.1 | 5:44 | 6:17 | |
| 30 | Fri | 10:58 | 3.8 | 11:11 | 4.5 | 4:50 | 0.2 | 4:45 | 0.3 | 5:42 | 6:18 | |
| 31 | Sat | 11:59 | 3.7 | | | 5:52 | 0.4 | 5:47 | 0.5 | 5:41 | 6:19 | |