US HARBORS www.USHarbors.com

Seaside Park, NJ - Mar 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	**7:27**	5.2	**7:57**	5.2	**1:24**	-1.1	**1:53**	-1.2	6:29	5:48	
2	Tue	**8:16**	5.0	**8:46**	5.2	**2:15**	-1.1	**2:38**	-1.1	6:27	5:49	
3	Wed	**9:05**	4.7	**9:36**	5.0	**3:03**	-0.9	**3:22**	-0.9	6:26	5:50	
4	Thu	**9:57**	4.3	**10:27**	4.7	**3:51**	-0.7	**4:05**	-0.5	6:24	5:51	
5	Fri	**10:51**	4.0	**11:20**	4.4	**4:40**	-0.3	**4:51**	-0.1	6:23	5:52	
6	Sat	**11:46**	3.7			**5:35**	0.1	**5:44**	0.3	6:21	5:53	
7	Sun	**12:14**	4.1	**12:41**	3.4	**6:38**	0.4	**6:48**	0.6	6:20	5:54	
8	Mon	**1:07**	3.9	**1:37**	3.3	**7:45**	0.6	**7:55**	0.8	6:18	5:55	
9	Tue	**2:03**	3.8	**2:36**	3.2	**8:46**	0.6	**8:57**	0.7	6:16	5:56	
10	Wed	**3:04**	3.7	**3:38**	3.3	**9:40**	0.5	**9:51**	0.6	6:15	5:57	
11	Thu	**4:03**	3.8	**4:33**	3.6	**10:26**	0.3	**10:39**	0.4	6:13	5:58	
12	Fri	**4:53**	4.0	**5:19**	3.8	**11:08**	0.1	**11:23**	0.2	6:12	5:59	
13	Sat	**5:37**	4.2	**5:59**	4.1	**11:48**	0.0			6:10	6:00	
14	Sun	**7:15**	4.3	**7:35**	4.3	**12:06**	0.1	**1:26**	-0.1	7:09	7:01	
15	Mon	**7:51**	4.3	**8:08**	4.4	**1:48**	0.0	**2:04**	-0.2	7:07	7:02	
16	Tue	**8:26**	4.3	**8:39**	4.5	**2:29**	-0.1	**2:39**	-0.2	7:05	7:04	
17	Wed	**9:00**	4.2	**9:10**	4.5	**3:07**	-0.1	**3:13**	-0.2	7:04	7:05	
18	Thu	**9:34**	4.0	**9:41**	4.5	**3:43**	-0.1	**3:44**	-0.1	7:02	7:06	
19	Fri	**10:11**	3.9	**10:17**	4.5	**4:20**	0.0	**4:16**	0.0	7:00	7:07	
20	Sat	**10:54**	3.7	**11:03**	4.4	**4:57**	0.1	**4:50**	0.2	6:59	7:08	
21	Sun	**11:48**	3.6	**11:59**	4.4	**5:42**	0.3	**5:33**	0.3	6:57	7:09	
22	Mon			**12:48**	3.5	**6:41**	0.5	**6:32**	0.5	6:56	7:10	
23	Tue	**1:02**	4.3	**1:51**	3.6	**7:57**	0.5	**7:53**	0.5	6:54	7:11	
24	Wed	**2:08**	4.3	**2:57**	3.7	**9:10**	0.4	**9:15**	0.4	6:52	7:12	
25	Thu	**3:18**	4.4	**4:05**	4.0	**10:13**	0.1	**10:24**	0.1	6:51	7:13	
26	Fri	**4:28**	4.5	**5:10**	4.4	**11:09**	-0.2	**11:24**	-0.3	6:49	7:14	
27	Sat	**5:32**	4.7	**6:08**	4.9			**12:00**	-0.5	6:47	7:15	
28	Sun	**6:28**	4.9	**6:58**	5.2	**12:21**	-0.6	**12:50**	-0.8	6:46	7:16	
29	Mon	**7:18**	5.0	**7:46**	5.5	**1:15**	-0.8	**1:38**	-0.9	6:44	7:17	
30	Tue	**8:07**	5.0	**8:33**	5.5	**2:07**	-0.9	**2:26**	-0.8	6:43	7:18	
31	Wed	**8:54**	4.8	**9:19**	5.4	**2:57**	-0.8	**3:11**	-0.7	6:41	7:19	