US HARBORS www.USHarbors.com

Seaside Park, NJ - Mar 2019

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	3:20	3.9	3:51	3.3	9:54	0.3	10:02	0.4	6:29	5:47	
2	Sat	4:18	4.0	4:46	3.5	10:42	0.2	10:50	0.3	6:27	5:48	
3	Sun	5:07	4.1	5:33	3.7	11:26	0.0	11:35	0.2	6:26	5:50	
4	Mon	5:51	4.3	6:14	3.9			12:07	-0.1	6:24	5:51	
5	Tue	6:30	4.4	6:51	4.0	12:18	0.0	12:47	-0.2	6:23	5:52	
6	Wed	7:07	4.4	7:27	4.1	1:00	-0.1	1:26	-0.3	6:21	5:53	
7	Thu	7:42	4.4	8:00	4.2	1:40	-0.1	2:01	-0.3	6:20	5:54	
8	Fri	8:16	4.3	8:32	4.2	2:18	-0.1	2:35	-0.3	6:18	5:55	
9	Sat	8:50	4.1	9:03	4.2	2:54	-0.1	3:06	-0.2	6:17	5:56	
10	Sun	10:25	4.0	10:38	4.2	4:28	0.0	4:36	-0.1	7:15	6:57	
11	Mon	11:06	3.8	11:20	4.2	5:04	0.2	5:08	0.1	7:14	6:58	
12	Tue	11:55	3.6			5:46	0.3	5:47	0.2	7:12	6:59	
13	Wed	12:11	4.2	12:52	3.5	6:44	0.5	6:41	0.4	7:10	7:00	
14	Thu	1:09	4.2	1:53	3.5	8:01	0.5	7:57	0.4	7:09	7:01	
15	Fri	2:12	4.3	2:59	3.6	9:17	0.4	9:17	0.3	7:07	7:02	
16	Sat	3:22	4.4	4:10	3.8	10:22	0.1	10:26	0.0	7:06	7:03	
17	Sun	4:35	4.6	5:17	4.1	11:20	-0.2	11:28	-0.3	7:04	7:04	
18	Mon	5:40	4.9	6:16	4.6			12:14	-0.6	7:02	7:05	
19	Tue	6:37	5.1	7:08	5.0	12:25	-0.6	1:05	-0.8	7:01	7:06	
20	Wed	7:29	5.3	7:58	5.2	1:21	-0.9	1:55	-1.0	6:59	7:07	
21	Thu	8:18	5.3	8:47	5.3	2:14	-1.0	2:43	-1.1	6:58	7:08	
22	Fri	9:07	5.1	9:35	5.3	3:05	-1.0	3:29	-1.0	6:56	7:10	
23	Sat	9:56	4.9	10:24	5.1	3:53	-0.9	4:13	-0.8	6:54	7:11	
24	Sun	10:47	4.5	11:15	4.9	4:40	-0.6	4:56	-0.4	6:53	7:12	
25	Mon	11:40	4.2			5:28	-0.3	5:41	0.0	6:51	7:13	
26	Tue	12:07	4.6	12:35	3.9	6:20	0.1	6:31	0.4	6:49	7:14	
27	Wed	12:59	4.3	1:28	3.6	7:19	0.4	7:31	0.8	6:48	7:15	
28	Thu	1:51	4.1	2:22	3.5	8:23	0.6	8:36	0.9	6:46	7:16	
29	Fri	2:44	3.9	3:19	3.4	9:25	0.7	9:39	0.9	6:45	7:17	
30	Sat	3:42	3.9	4:18	3.5	10:19	0.6	10:34	0.8	6:43	7:18	
31	Sun	4:41	3.9	5:15	3.7	11:07	0.4	11:23	0.6	6:41	7:19	