US HARBORS www.USHarbors.com

Seaside Park, NJ - Mar 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	2:21	3.7	3:00	3.1	9:15	0.6	9:08	0.7	6:29	5:47	
2	Thu	3:24	3.7	4:02	3.2	10:07	0.5	10:01	0.6	6:27	5:48	
3	Fri	4:23	3.8	4:56	3.4	10:54	0.3	10:50	0.4	6:26	5:50	
4	Sat	5:12	4.0	5:41	3.7	11:36	0.1	11:35	0.2	6:24	5:51	
5	Sun	5:54	4.2	6:21	3.9			12:17	0.0	6:23	5:52	
6	Mon	6:31	4.3	6:58	4.1	12:19	0.1	12:55	-0.2	6:21	5:53	
7	Tue	7:06	4.3	7:32	4.2	1:01	0.0	1:32	-0.2	6:20	5:54	
8	Wed	7:39	4.3	8:04	4.2	1:41	-0.1	2:06	-0.3	6:18	5:55	
9	Thu	8:11	4.2	8:36	4.3	2:19	-0.1	2:37	-0.2	6:17	5:56	
10	Fri	8:44	4.1	9:10	4.3	2:56	-0.1	3:06	-0.1	6:15	5:57	
11	Sat	9:21	3.9	9:48	4.3	3:32	0.0	3:36	0.0	6:14	5:58	
12	Sun	11:06	3.7	11:36	4.3	5:12	0.1	5:09	0.1	7:12	6:59	
13	Mon			12:01	3.5	6:01	0.3	5:52	0.3	7:10	7:00	
14	Tue	12:33	4.3	1:03	3.4	7:06	0.4	6:56	0.5	7:09	7:01	
15	Wed	1:35	4.3	2:09	3.4	8:26	0.5	8:25	0.5	7:07	7:02	
16	Thu	2:42	4.3	3:21	3.5	9:40	0.3	9:46	0.4	7:06	7:03	
17	Fri	3:55	4.4	4:35	3.7	10:43	0.0	10:53	0.0	7:04	7:04	
18	Sat	5:06	4.6	5:41	4.1	11:39	-0.3	11:53	-0.3	7:02	7:05	
19	Sun	6:06	4.9	6:36	4.6			12:31	-0.6	7:01	7:06	
20	Mon	6:59	5.1	7:26	4.9	12:49	-0.6	1:20	-0.8	6:59	7:07	
21	Tue	7:47	5.2	8:12	5.1	1:42	-0.7	2:07	-1.0	6:57	7:09	
22	Wed	8:34	5.1	8:58	5.2	2:33	-0.8	2:52	-0.9	6:56	7:10	
23	Thu	9:20	4.9	9:43	5.1	3:21	-0.8	3:34	-0.8	6:54	7:11	
24	Fri	10:08	4.6	10:28	4.9	4:06	-0.6	4:14	-0.5	6:53	7:12	
25	Sat	10:57	4.2	11:15	4.6	4:51	-0.3	4:53	-0.1	6:51	7:13	
26	Sun	11:48	3.9			5:37	0.1	5:34	0.3	6:49	7:14	
27	Mon	12:04	4.3	12:42	3.6	6:28	0.4	6:20	0.7	6:48	7:15	
28	Tue	12:55	4.0	1:35	3.4	7:28	0.7	7:19	1.0	6:46	7:16	
29	Wed	1:47	3.8	2:29	3.3	8:35	0.9	8:29	1.1	6:45	7:17	
30	Thu	2:42	3.7	3:27	3.3	9:38	0.8	9:36	1.1	6:43	7:18	
31	Fri	3:43	3.7	4:28	3.4	10:31	0.7	10:33	0.9	6:41	7:19	