US HARBORS www.USHarbors.com

Seaside Park, NJ - Mar 2045

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	5:20	4.9	5:52	4.5	11:50	-0.8			6:28	5:48	
2	Thu	6:12	5.1	6:42	4.9	12:00	-0.8	12:39	-1.0	6:26	5:49	
3	Fri	7:00	5.1	7:29	5.1	12:54	-0.9	1:27	-1.1	6:25	5:50	
4	Sat	7:47	5.0	8:16	5.1	1:45	-1.0	2:11	-1.1	6:23	5:51	
5	Sun	8:34	4.8	9:03	5.0	2:33	-0.9	2:53	-0.9	6:22	5:52	
6	Mon	9:22	4.5	9:51	4.8	3:19	-0.7	3:34	-0.6	6:20	5:53	
7	Tue	10:12	4.1	10:40	4.5	4:04	-0.4	4:14	-0.2	6:19	5:55	
8	Wed	11:03	3.7	11:30	4.2	4:51	0.0	4:57	0.2	6:17	5:56	
9	Thu	11:56	3.4			5:45	0.4	5:49	0.6	6:16	5:57	
10	Fri	12:21	4.0	12:50	3.2	6:49	0.6	6:53	0.9	6:14	5:58	
11	Sat	1:14	3.8	1:46	3.1	7:56	0.8	8:02	1.0	6:12	5:59	
12	Sun	3:11	3.7	3:47	3.1	9:56	0.7	10:04	0.9	7:11	7:00	
13	Mon	4:13	3.7	4:49	3.3	10:49	0.6	10:58	0.7	7:09	7:01	
14	Tue	5:12	3.8	5:43	3.5	11:34	0.4	11:45	0.5	7:08	7:02	
15	Wed	6:01	4.0	6:27	3.8			12:16	0.2	7:06	7:03	
16	Thu	6:43	4.2	7:05	4.1	12:30	0.3	12:55	0.0	7:04	7:04	
17	Fri	7:20	4.3	7:40	4.3	1:13	0.1	1:33	-0.1	7:03	7:05	
18	Sat	7:56	4.3	8:12	4.4	1:55	0.0	2:10	-0.2	7:01	7:06	
19	Sun	8:30	4.3	8:43	4.6	2:35	-0.1	2:45	-0.2	7:00	7:07	
20	Mon	9:05	4.2	9:15	4.6	3:14	-0.2	3:19	-0.2	6:58	7:08	
21	Tue	9:41	4.0	9:50	4.6	3:52	-0.1	3:52	-0.1	6:56	7:09	
22	Wed	10:23	3.9	10:33	4.6	4:31	0.0	4:26	0.0	6:55	7:10	
23	Thu	11:13	3.7	11:26	4.5	5:14	0.1	5:05	0.2	6:53	7:11	
24	Fri			12:13	3.6	6:06	0.3	5:55	0.4	6:52	7:12	
25	Sat	12:28	4.4	1:17	3.5	7:16	0.5	7:06	0.5	6:50	7:13	
26	Sun	1:34	4.4	2:22	3.6	8:33	0.5	8:32	0.5	6:48	7:14	
27	Mon	2:42	4.4	3:30	3.8	9:42	0.3	9:48	0.3	6:47	7:15	
28	Tue	3:53	4.4	4:39	4.1	10:42	0.0	10:53	0.0	6:45	7:16	
29	Wed	5:01	4.6	5:40	4.5	11:34	-0.3	11:50	-0.3	6:43	7:17	
30	Thu	6:00	4.8	6:32	4.9			12:24	-0.6	6:42	7:18	
31	Fri	6:51	4.9	7:20	5.2	12:45	-0.5	1:11	-0.7	6:40	7:19	