US HARBORS www.USHarbors.com

Seaside Park, NJ - Mar 2053

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	4:08	4.6	4:43	4.2	10:43	-0.5	10:52	-0.5	6:28	5:48	
2	Sun	5:07	4.8	5:38	4.6	11:35	-0.7	11:47	-0.7	6:26	5:49	
3	Mon	5:59	5.0	6:28	4.8			12:25	-0.9	6:25	5:50	
4	Tue	6:47	5.0	7:15	4.9	12:39	-0.8	1:13	-1.0	6:23	5:51	
5	Wed	7:33	5.0	8:00	4.9	1:28	-0.8	1:58	-0.9	6:22	5:52	
6	Thu	8:17	4.8	8:45	4.8	2:15	-0.8	2:39	-0.8	6:20	5:54	
7	Fri	9:02	4.5	9:29	4.6	2:58	-0.6	3:18	-0.5	6:19	5:55	
8	Sat	9:48	4.2	10:15	4.4	3:39	-0.3	3:56	-0.2	6:17	5:56	
9	Sun	11:35	3.9			5:21	0.0	5:34	0.1	7:15	6:57	
10	Mon	12:02	4.1	12:24	3.6	6:06	0.3	6:17	0.4	7:14	6:58	
11	Tue	12:49	4.0	1:13	3.4	6:59	0.5	7:09	0.7	7:12	6:59	
12	Wed	1:38	3.8	2:03	3.3	8:00	0.7	8:12	0.8	7:11	7:00	
13	Thu	2:28	3.7	2:57	3.3	9:03	0.7	9:16	0.8	7:09	7:01	
14	Fri	3:23	3.7	3:56	3.3	10:01	0.6	10:14	0.7	7:08	7:02	
15	Sat	4:22	3.8	4:55	3.5	10:52	0.4	11:06	0.5	7:06	7:03	
16	Sun	5:17	4.0	5:46	3.8	11:38	0.2	11:53	0.3	7:04	7:04	
17	Mon	6:06	4.2	6:30	4.1			12:22	0.0	7:03	7:05	
18	Tue	6:48	4.4	7:09	4.3	12:39	0.0	1:05	-0.2	7:01	7:06	
19	Wed	7:28	4.6	7:47	4.6	1:24	-0.2	1:47	-0.4	6:59	7:07	
20	Thu	8:07	4.7	8:24	4.8	2:09	-0.4	2:28	-0.5	6:58	7:08	
21	Fri	8:48	4.7	9:04	4.9	2:54	-0.5	3:08	-0.6	6:56	7:09	
22	Sat	9:31	4.6	9:47	4.9	3:37	-0.5	3:48	-0.6	6:55	7:10	
23	Sun	10:19	4.5	10:36	4.9	4:21	-0.5	4:30	-0.5	6:53	7:11	
24	Mon	11:13	4.3	11:32	4.8	5:08	-0.3	5:15	-0.3	6:51	7:12	
25	Tue			12:12	4.1	6:02	-0.1	6:08	0.0	6:50	7:13	
26	Wed	12:32	4.7	1:13	4.1	7:07	0.1	7:15	0.2	6:48	7:14	
27	Thu	1:34	4.6	2:15	4.0	8:19	0.2	8:30	0.3	6:47	7:15	
28	Fri	2:37	4.5	3:19	4.1	9:27	0.1	9:40	0.2	6:45	7:16	
29	Sat	3:43	4.5	4:25	4.2	10:28	-0.1	10:43	0.0	6:43	7:17	
30	Sun	4:50	4.5	5:26	4.5	11:22	-0.3	11:39	-0.2	6:42	7:18	
31	Mon	5:49	4.7	6:20	4.8			12:13	-0.4	6:40	7:19	