US HARBORS www.USHarbors.com

Seaside Park, NJ - Mar 2054

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	12:42	4.1	1:05	3.5	7:06	0.4	7:22	0.5	6:28	5:48	
2	Mon	1:34	3.9	2:00	3.3	8:09	0.5	8:22	0.6	6:27	5:49	
3	Tue	2:29	3.8	2:59	3.3	9:07	0.5	9:18	0.5	6:25	5:50	
4	Wed	3:28	3.8	3:58	3.4	9:57	0.3	10:08	0.4	6:24	5:51	
5	Thu	4:23	4.0	4:50	3.6	10:43	0.2	10:55	0.3	6:22	5:52	
6	Fri	5:11	4.1	5:35	3.8	11:27	0.0	11:39	0.1	6:21	5:53	
7	Sat	5:53	4.3	6:15	4.0			12:08	-0.1	6:19	5:54	
8	Sun	7:32	4.4	7:52	4.2	12:23	0.0	1:48	-0.3	7:17	6:55	
9	Mon	8:08	4.4	8:27	4.3	2:05	-0.1	2:27	-0.3	7:16	6:56	
10	Tue	8:43	4.4	8:59	4.3	2:45	-0.2	3:03	-0.3	7:14	6:58	
11	Wed	9:18	4.3	9:32	4.3	3:23	-0.2	3:37	-0.3	7:13	6:59	
12	Thu	9:54	4.2	10:06	4.3	3:59	-0.2	4:10	-0.2	7:11	7:00	
13	Fri	10:34	4.0	10:47	4.3	4:36	-0.1	4:43	-0.1	7:10	7:01	
14	Sat	11:21	3.9	11:36	4.3	5:17	0.1	5:21	0.0	7:08	7:02	
15	Sun			12:16	3.8	6:06	0.2	6:09	0.2	7:06	7:03	
16	Mon	12:34	4.3	1:16	3.7	7:13	0.4	7:15	0.3	7:05	7:04	
17	Tue	1:35	4.4	2:19	3.7	8:29	0.3	8:34	0.3	7:03	7:05	
18	Wed	2:41	4.4	3:26	3.9	9:40	0.2	9:47	0.1	7:02	7:06	
19	Thu	3:51	4.5	4:36	4.1	10:41	-0.1	10:52	-0.2	7:00	7:07	
20	Fri	5:01	4.7	5:39	4.5	11:37	-0.4	11:51	-0.5	6:58	7:08	
21	Sat	6:02	5.0	6:34	4.9			12:30	-0.7	6:57	7:09	
22	Sun	6:55	5.1	7:25	5.2	12:46	-0.7	1:20	-0.9	6:55	7:10	
23	Mon	7:45	5.2	8:13	5.3	1:40	-0.9	2:09	-1.0	6:53	7:11	
24	Tue	8:33	5.1	9:00	5.3	2:31	-1.0	2:56	-1.0	6:52	7:12	
25	Wed	9:21	5.0	9:48	5.2	3:20	-0.9	3:40	-0.8	6:50	7:13	
26	Thu	10:10	4.7	10:35	4.9	4:06	-0.7	4:22	-0.5	6:49	7:14	
27	Fri	11:00	4.3	11:25	4.7	4:51	-0.4	5:04	-0.1	6:47	7:15	
28	Sat	11:52	4.0			5:37	-0.1	5:48	0.3	6:45	7:16	
29	Sun	12:15	4.4	12:44	3.8	6:27	0.3	6:38	0.6	6:44	7:17	
30	Mon	1:06	4.2	1:36	3.6	7:25	0.6	7:38	0.9	6:42	7:18	
31	Tue	1:56	4.0	2:28	3.5	8:27	0.7	8:43	1.0	6:40	7:19	