

































## Seven Island, Newmans Thorofare, NJ - Mar 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	3:23	2.9	4:02	2.5	10:15	0.5	10:08	0.6	6:30	5:49	
2	Thu	4:26	2.9	5:04	2.5	11:07	0.4	11:01	0.5	6:28	5:50	
3	Fri	5:25	3.0	5:58	2.7	11:54	0.2	11:50	0.3	6:27	5:51	
4	Sat	6:14	3.2	6:43	2.9			12:36	0.1	6:25	5:52	
5	Sun	6:56	3.3	7:23	3.1	12:35	0.2	1:17	0.0	6:24	5:53	
6	Mon	7:33	3.4	8:00	3.2	1:19	0.1	1:55	-0.1	6:22	5:54	
7	Tue	8:08	3.4	8:34	3.3	2:01	0.0	2:32	-0.2	6:21	5:55	
8	Wed	8:41	3.4	9:06	3.4	2:41	-0.1	3:06	-0.2	6:19	5:56	
9	Thu	9:13	3.3	9:38	3.4	3:19	-0.1	3:37	-0.2	6:18	5:57	
10	Fri	9:46	3.2	10:12	3.4	3:56	-0.1	4:06	-0.1	6:16	5:58	
11	Sat	10:23	3.1	10:50	3.4	4:32	0.0	4:36	0.0	6:14	5:59	
12	Sun			12:08	2.9	6:12	0.1	6:09	0.1	7:13	7:00	
13	Mon	12:38	3.4	1:03	2.8	7:01	0.2	6:52	0.2	7:11	7:01	
14	Tue	1:35	3.4	2:05	2.7	8:06	0.4	7:56	0.4	7:10	7:02	
15	Wed	2:37	3.4	3:11	2.7	9:26	0.4	9:25	0.4	7:08	7:03	
16	Thu	3:44	3.4	4:23	2.7	10:40	0.3	10:46	0.3	7:07	7:04	
17	Fri	4:57	3.5	5:37	3.0	11:43	0.0	11:53	0.0	7:05	7:05	
18	Sat	6:08	3.7	6:43	3.3			12:39	-0.2	7:03	7:06	
19	Sun	7:08	3.9	7:38	3.6	12:53	-0.2	1:31	-0.5	7:02	7:08	
20	Mon	8:01	4.1	8:28	3.9	1:49	-0.4	2:20	-0.7	7:00	7:09	
21	Tue	8:49	4.1	9:14	4.1	2:42	-0.6	3:07	-0.8	6:59	7:10	
22	Wed	9:36	4.0	10:00	4.1	3:33	-0.6	3:52	-0.7	6:57	7:11	
23	Thu	10:22	3.9	10:45	4.0	4:21	-0.6	4:34	-0.6	6:55	7:12	
24	Fri	11:10	3.6	11:30	3.9	5:06	-0.5	5:14	-0.4	6:54	7:13	
25	Sat	11:59	3.3			5:51	-0.2	5:53	-0.1	6:52	7:14	
26	Sun	12:17	3.6	12:50	3.1	6:37	0.1	6:34	0.2	6:51	7:15	
27	Mon	1:06	3.4	1:44	2.8	7:28	0.3	7:20	0.6	6:49	7:16	
28	Tue	1:57	3.2	2:37	2.7	8:28	0.6	8:19	0.8	6:47	7:17	
29	Wed	2:49	3.0	3:31	2.6	9:35	0.7	9:29	0.9	6:46	7:18	
30	Thu	3:44	2.9	4:29	2.6	10:38	0.7	10:36	0.8	6:44	7:19	
31	Fri	4:45	2.9	5:30	2.7	11:31	0.6	11:33	0.7	6:43	7:19	