US HARBORS www.USHarbors.com

Sheepshead Bay, NY - Mar 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	**5:18**	5.3	**5:49**	4.9	**11:44**	-0.3			6:28	5:47	
2	Sat	**6:11**	5.4	**6:39**	5.2	**12:00**	-0.1	**12:31**	-0.4	6:27	5:48	
3	Sun	**6:59**	5.5	**7:23**	5.4	**12:49**	-0.2	**1:14**	-0.5	6:25	5:49	
4	Mon	**7:42**	5.4	**8:04**	5.5	**1:35**	-0.3	**1:55**	-0.5	6:24	5:50	
5	Tue	**8:23**	5.3	**8:43**	5.5	**2:17**	-0.3	**2:33**	-0.4	6:22	5:51	
6	Wed	**9:03**	5.1	**9:20**	5.4	**2:58**	-0.2	**3:10**	-0.3	6:21	5:52	
7	Thu	**9:42**	4.9	**9:56**	5.2	**3:36**	-0.1	**3:45**	-0.1	6:19	5:53	
8	Fri	**10:22**	4.6	**10:33**	5.0	**4:13**	0.1	**4:20**	0.2	6:17	5:54	
9	Sat	**11:03**	4.3	**11:12**	4.8	**4:51**	0.4	**4:57**	0.5	6:16	5:55	
10	Sun			**12:47**	4.1	**6:32**	0.6	**6:37**	0.7	7:14	6:57	
11	Mon	**12:55**	4.6	**1:36**	3.9	**7:21**	0.9	**7:26**	1.0	7:13	6:58	
12	Tue	**1:44**	4.5	**2:31**	3.8	**8:22**	1.0	**8:29**	1.1	7:11	6:59	
13	Wed	**2:39**	4.4	**3:31**	3.8	**9:30**	1.0	**9:37**	1.1	7:09	7:00	
14	Thu	**3:40**	4.5	**4:32**	4.0	**10:33**	0.8	**10:41**	0.9	7:08	7:01	
15	Fri	**4:41**	4.6	**5:30**	4.3	**11:28**	0.5	**11:37**	0.6	7:06	7:02	
16	Sat	**5:40**	4.9	**6:23**	4.7			**12:17**	0.2	7:05	7:03	
17	Sun	**6:35**	5.2	**7:11**	5.2	**12:30**	0.2	**1:03**	-0.1	7:03	7:04	
18	Mon	**7:25**	5.4	**7:56**	5.6	**1:20**	-0.1	**1:47**	-0.4	7:01	7:05	
19	Tue	**8:13**	5.6	**8:40**	6.0	**2:09**	-0.5	**2:31**	-0.5	7:00	7:06	
20	Wed	**8:59**	5.6	**9:25**	6.2	**2:58**	-0.7	**3:15**	-0.6	6:58	7:07	
21	Thu	**9:46**	5.6	**10:11**	6.3	**3:46**	-0.8	**4:00**	-0.6	6:56	7:08	
22	Fri	**10:35**	5.4	**11:00**	6.2	**4:34**	-0.7	**4:45**	-0.5	6:55	7:09	
23	Sat	**11:27**	5.2	**11:53**	5.9	**5:24**	-0.5	**5:33**	-0.3	6:53	7:10	
24	Sun			**12:23**	4.9	**6:16**	-0.3	**6:26**	0.0	6:51	7:11	
25	Mon	**12:50**	5.6	**1:22**	4.7	**7:14**	0.1	**7:27**	0.4	6:50	7:13	
26	Tue	**1:51**	5.4	**2:25**	4.6	**8:20**	0.3	**8:37**	0.6	6:48	7:14	
27	Wed	**2:53**	5.2	**3:29**	4.6	**9:28**	0.4	**9:49**	0.6	6:46	7:15	
28	Thu	**3:56**	5.0	**4:33**	4.7	**10:32**	0.3	**10:54**	0.5	6:45	7:16	
29	Fri	**4:57**	5.0	**5:32**	4.9	**11:28**	0.1	**11:51**	0.4	6:43	7:17	
30	Sat	**5:55**	5.1	**6:26**	5.2			**12:16**	0.0	6:41	7:18	
31	Sun	**6:47**	5.2	**7:13**	5.4	**12:42**	0.2	**1:00**	-0.1	6:40	7:19	