

# TIDES PLUS

by Ed Bitzer

for Lavallette Beach

@ 39°58.2'N 74°04.0'W

For March 2019  
Time (Eastern Standard Time) and Height (feet)

DATE		LOW			HIGH			SUN		MOON	
		AM		PM	AM		PM	Rise	Set		
03/01	F	09:56am	0.4	10:04pm	0.5	03:20am	4.0	03:52pm	3.5	6:31am/5:48pm	
03/02	S	10:43am	0.3	10:52pm	0.4	04:17am	4.1	04:47pm	3.7	6:29am/5:49pm	
03/03	S	11:27am	0.1	11:37pm	0.3	05:07am	4.3	05:34pm	3.9	6:28am/5:50pm	
03/04	M			12:09pm	0.0	05:51am	4.5	06:16pm	4.0	6:26am/5:51pm	
03/05	T	12:20am	0.1	12:49pm	-0.1	06:31am	4.6	06:53pm	4.2	6:25am/5:52pm	
03/06	W	01:02am	0.0	01:27pm	-0.2	07:08am	4.6	07:29pm	4.3	6:23am/5:53pm	New
03/07	T	01:42am	0.0	02:02pm	-0.2	07:43am	4.6	08:02pm	4.3	6:22am/5:54pm	
03/08	F	02:19am	0.0	02:35pm	-0.2	08:18am	4.5	08:34pm	4.3	6:20am/5:55pm	
03/09	S	02:55am	0.1	03:06pm	-0.1	08:52am	4.3	09:05pm	4.3	6:18am/5:57pm	
03/10	S	Daylight Saving Time in effect				2:00 am tomorrow morning					
03/10	S	03:30am	0.2	04:36pm	0.1	10:28am	4.1	10:40pm	4.3	7:17am/6:58pm	
03/11	M	05:06am	0.3	05:08pm	0.2	11:09am	4.0	11:22pm	4.3	7:15am/6:59pm	
03/12	T	05:47am	0.5	05:47pm	0.4	11:57am	3.9			7:14am/7:00pm	
03/13	W	06:44am	0.6	06:41pm	0.5	12:11am	4.3	12:53pm	3.7	7:12am/7:01pm	
03/14	T	08:02am	0.6	08:00pm	0.6	01:08am	4.3	01:54pm	3.7	7:10am/7:02pm	
03/15	F	09:19am	0.6	09:21pm	0.5	02:12am	4.4	03:00pm	3.8	7:09am/7:03pm	
03/16	S	10:24am	0.3	10:29pm	0.1	03:22am	4.5	04:10pm	4.0	7:07am/7:04pm	
03/17	S	11:21am	-0.1	11:29pm	-0.2	04:33am	4.7	05:17pm	4.3	7:05am/7:05pm	
03/18	M			12:15pm	-0.5	05:38am	5.1	06:15pm	4.7	7:04am/7:06pm	
03/19	T	12:27am	-0.6	01:07pm	-0.7	06:36am	5.3	07:08pm	5.1	7:02am/7:07pm	
03/20	W	01:22am	-0.8	01:56pm	-0.9	07:28am	5.4	07:58pm	5.3	7:00am/7:08pm	
03/21	T	02:14am	-0.9	02:43pm	-1.0	08:17am	5.5	08:46pm	5.5	6:59am/7:09pm	Full
03/22	F	03:05am	-0.9	03:29pm	-0.9	09:06am	5.3	09:35pm	5.5	6:57am/7:11pm	
03/23	S	03:54am	-0.8	04:12pm	-0.6	09:56am	5.1	10:24pm	5.3	6:55am/7:12pm	
03/24	S	04:41am	-0.6	04:56pm	-0.3	10:47am	4.7	11:15pm	5.1	6:54am/7:13pm	
03/25	M	05:30am	-0.2	05:41pm	0.1	11:40am	4.3			6:52am/7:14pm	
03/26	T	06:22am	0.2	06:31pm	0.6	12:06am	4.8	12:34pm	4.0	6:50am/7:15pm	
03/27	W	07:21am	0.5	07:32pm	0.8	12:58am	4.5	01:28pm	3.8	6:49am/7:16pm	
03/28	T	08:26am	0.6	08:39pm	1.0	01:50am	4.2	02:23pm	3.6	6:47am/7:17pm	
03/29	F	09:28am	0.7	09:42pm	1.0	02:45am	4.0	03:20pm	3.6	6:46am/7:18pm	
03/30	S	10:22am	0.6	10:36pm	0.8	03:43am	4.0	04:20pm	3.7	6:44am/7:19pm	
03/31	S	11:09am	0.5	11:25pm	0.6	04:41am	4.0	05:15pm	3.9	6:42am/7:20pm	