


































New Haven, CT - Jan 2026

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Thu | 8:47 | 7.0 | 9:24 | 5.9 | 2:28 | 0.0 | 3:20 | -0.6 | 7:17 | 4:33 |  |
| 2 | Fri | 9:44 | 7.1 | 10:19 | 6.1 | 3:26 | -0.2 | 4:14 | -0.8 | 7:17 | 4:34 |  |
| 3 | Sat | 10:38 | 7.2 | 11:11 | 6.2 | 4:21 | -0.4 | 5:06 | -0.8 | 7:17 | 4:35 |  |
| 4 | Sun | 11:30 | 7.1 | | | 5:15 | -0.4 | 5:56 | -0.8 | 7:17 | 4:35 |  |
| 5 | Mon | 12:03 | 6.3 | 12:22 | 6.9 | 6:08 | -0.4 | 6:46 | -0.7 | 7:17 | 4:36 |  |
| 6 | Tue | 12:54 | 6.3 | 1:14 | 6.6 | 7:01 | -0.2 | 7:35 | -0.5 | 7:17 | 4:37 |  |
| 7 | Wed | 1:45 | 6.2 | 2:05 | 6.3 | 7:55 | -0.1 | 8:23 | -0.3 | 7:17 | 4:38 |  |
| 8 | Thu | 2:35 | 6.2 | 2:56 | 5.9 | 8:48 | 0.1 | 9:12 | 0.0 | 7:17 | 4:39 |  |
| 9 | Fri | 3:25 | 6.1 | 3:48 | 5.5 | 9:43 | 0.3 | 10:01 | 0.3 | 7:16 | 4:40 |  |
| 10 | Sat | 4:16 | 5.9 | 4:43 | 5.2 | 10:38 | 0.4 | 10:52 | 0.6 | 7:16 | 4:41 |  |
| 11 | Sun | 5:08 | 5.8 | 5:39 | 5.0 | 11:35 | 0.5 | 11:45 | 0.7 | 7:16 | 4:42 |  |
| 12 | Mon | 6:02 | 5.8 | 6:35 | 4.9 | | | 12:30 | 0.5 | 7:16 | 4:44 |  |
| 13 | Tue | 6:54 | 5.8 | 7:28 | 5.0 | 12:38 | 0.8 | 1:23 | 0.4 | 7:15 | 4:45 |  |
| 14 | Wed | 7:45 | 5.8 | 8:18 | 5.1 | 1:29 | 0.8 | 2:13 | 0.3 | 7:15 | 4:46 |  |
| 15 | Thu | 8:33 | 5.9 | 9:05 | 5.2 | 2:19 | 0.7 | 2:59 | 0.2 | 7:14 | 4:47 |  |
| 16 | Fri | 9:19 | 6.1 | 9:49 | 5.4 | 3:06 | 0.5 | 3:43 | 0.1 | 7:14 | 4:48 |  |
| 17 | Sat | 10:02 | 6.2 | 10:31 | 5.5 | 3:50 | 0.4 | 4:24 | -0.1 | 7:13 | 4:49 |  |
| 18 | Sun | 10:43 | 6.3 | 11:10 | 5.7 | 4:31 | 0.3 | 5:03 | -0.2 | 7:13 | 4:50 |  |
| 19 | Mon | 11:22 | 6.3 | 11:49 | 5.8 | 5:11 | 0.1 | 5:41 | -0.3 | 7:12 | 4:52 |  |
| 20 | Tue | | | 12:01 | 6.3 | 5:51 | 0.1 | 6:18 | -0.3 | 7:12 | 4:53 |  |
| 21 | Wed | 12:29 | 5.9 | 12:42 | 6.3 | 6:32 | 0.0 | 6:57 | -0.3 | 7:11 | 4:54 |  |
| 22 | Thu | 1:09 | 6.0 | 1:24 | 6.1 | 7:16 | 0.0 | 7:37 | -0.3 | 7:10 | 4:55 |  |
| 23 | Fri | 1:51 | 6.1 | 2:10 | 5.9 | 8:03 | 0.0 | 8:20 | -0.2 | 7:10 | 4:56 |  |
| 24 | Sat | 2:37 | 6.2 | 3:01 | 5.7 | 8:55 | 0.0 | 9:08 | 0.0 | 7:09 | 4:58 |  |
| 25 | Sun | 3:27 | 6.2 | 3:56 | 5.4 | 9:52 | 0.1 | 10:01 | 0.2 | 7:08 | 4:59 |  |
| 26 | Mon | 4:23 | 6.2 | 4:59 | 5.2 | 10:55 | 0.1 | 11:03 | 0.3 | 7:07 | 5:00 |  |
| 27 | Tue | 5:26 | 6.2 | 6:06 | 5.2 | | | 12:01 | 0.1 | 7:07 | 5:01 |  |
| 28 | Wed | 6:32 | 6.3 | 7:11 | 5.3 | 12:09 | 0.3 | 1:06 | 0.0 | 7:06 | 5:03 |  |
| 29 | Thu | 7:36 | 6.4 | 8:13 | 5.5 | 1:14 | 0.2 | 2:09 | -0.2 | 7:05 | 5:04 |  |
| 30 | Fri | 8:37 | 6.6 | 9:12 | 5.8 | 2:17 | 0.0 | 3:07 | -0.4 | 7:04 | 5:05 |  |
| 31 | Sat | 9:34 | 6.8 | 10:06 | 6.0 | 3:17 | -0.2 | 4:01 | -0.7 | 7:03 | 5:06 |  |