


































Southport, CT - Aug 2026

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sat | 1:35 | 7.3 | 2:01 | 7.4 | 7:54 | 0.2 | 8:17 | 0.4 | 5:49 | 8:09 |  |
| 2 | Sun | 2:17 | 7.2 | 2:41 | 7.5 | 8:32 | 0.2 | 9:00 | 0.4 | 5:50 | 8:08 |  |
| 3 | Mon | 3:00 | 7.0 | 3:23 | 7.6 | 9:12 | 0.4 | 9:47 | 0.4 | 5:51 | 8:07 |  |
| 4 | Tue | 3:47 | 6.9 | 4:10 | 7.6 | 9:56 | 0.5 | 10:38 | 0.4 | 5:52 | 8:06 |  |
| 5 | Wed | 4:39 | 6.7 | 5:02 | 7.6 | 10:46 | 0.7 | 11:34 | 0.4 | 5:53 | 8:05 |  |
| 6 | Thu | 5:35 | 6.5 | 5:58 | 7.6 | 11:42 | 0.8 | | | 5:54 | 8:04 |  |
| 7 | Fri | 6:35 | 6.4 | 6:58 | 7.6 | 12:34 | 0.4 | 12:42 | 0.8 | 5:55 | 8:02 |  |
| 8 | Sat | 7:38 | 6.5 | 8:02 | 7.7 | 1:36 | 0.3 | 1:47 | 0.8 | 5:56 | 8:01 |  |
| 9 | Sun | 8:43 | 6.7 | 9:05 | 7.9 | 2:39 | 0.2 | 2:53 | 0.6 | 5:56 | 8:00 |  |
| 10 | Mon | 9:44 | 7.1 | 10:05 | 8.0 | 3:39 | -0.1 | 3:55 | 0.3 | 5:57 | 7:59 |  |
| 11 | Tue | 10:41 | 7.4 | 11:01 | 8.1 | 4:34 | -0.4 | 4:53 | 0.0 | 5:58 | 7:57 |  |
| 12 | Wed | 11:34 | 7.8 | 11:55 | 8.2 | 5:26 | -0.6 | 5:48 | -0.2 | 5:59 | 7:56 |  |
| 13 | Thu | | | 12:26 | 8.0 | 6:16 | -0.7 | 6:41 | -0.4 | 6:00 | 7:55 |  |
| 14 | Fri | 12:46 | 8.1 | 1:14 | 8.2 | 7:05 | -0.6 | 7:31 | -0.4 | 6:01 | 7:53 |  |
| 15 | Sat | 1:35 | 7.9 | 2:00 | 8.1 | 7:51 | -0.4 | 8:20 | -0.3 | 6:02 | 7:52 |  |
| 16 | Sun | 2:23 | 7.6 | 2:45 | 8.0 | 8:37 | -0.1 | 9:07 | -0.1 | 6:03 | 7:50 |  |
| 17 | Mon | 3:09 | 7.2 | 3:31 | 7.7 | 9:22 | 0.2 | 9:56 | 0.3 | 6:05 | 7:49 |  |
| 18 | Tue | 3:57 | 6.8 | 4:18 | 7.3 | 10:09 | 0.7 | 10:47 | 0.6 | 6:06 | 7:47 |  |
| 19 | Wed | 4:47 | 6.4 | 5:07 | 7.0 | 10:58 | 1.1 | 11:39 | 0.9 | 6:07 | 7:46 |  |
| 20 | Thu | 5:39 | 6.1 | 5:59 | 6.8 | 11:50 | 1.4 | | | 6:08 | 7:45 |  |
| 21 | Fri | 6:33 | 5.9 | 6:52 | 6.6 | 12:32 | 1.1 | 12:43 | 1.6 | 6:09 | 7:43 |  |
| 22 | Sat | 7:29 | 5.8 | 7:47 | 6.6 | 1:27 | 1.2 | 1:38 | 1.6 | 6:10 | 7:41 |  |
| 23 | Sun | 8:25 | 5.9 | 8:42 | 6.7 | 2:23 | 1.2 | 2:34 | 1.6 | 6:11 | 7:40 |  |
| 24 | Mon | 9:18 | 6.1 | 9:32 | 6.8 | 3:15 | 1.0 | 3:27 | 1.4 | 6:12 | 7:38 |  |
| 25 | Tue | 10:05 | 6.4 | 10:19 | 7.0 | 4:01 | 0.8 | 4:15 | 1.1 | 6:13 | 7:37 |  |
| 26 | Wed | 10:48 | 6.8 | 11:02 | 7.2 | 4:44 | 0.6 | 5:00 | 0.8 | 6:14 | 7:35 |  |
| 27 | Thu | 11:29 | 7.1 | 11:45 | 7.4 | 5:25 | 0.3 | 5:43 | 0.5 | 6:15 | 7:34 |  |
| 28 | Fri | | | 12:09 | 7.4 | 6:05 | 0.2 | 6:26 | 0.3 | 6:16 | 7:32 |  |
| 29 | Sat | 12:28 | 7.4 | 12:49 | 7.7 | 6:44 | 0.1 | 7:08 | 0.0 | 6:17 | 7:31 |  |
| 30 | Sun | 1:10 | 7.5 | 1:30 | 7.9 | 7:23 | 0.1 | 7:51 | -0.1 | 6:17 | 7:29 |  |
| 31 | Mon | 1:53 | 7.4 | 2:11 | 8.0 | 8:03 | 0.2 | 8:35 | -0.1 | 6:18 | 7:27 |  |