US HARBORS www.USHarbors.com

Stamford, CT - Mar 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	9:37	7.8	10:07	7.6	3:29	-0.2	4:00	-0.6	6:27	5:45	
2	Mon	10:27	7.9	10:53	7.9	4:22	-0.5	4:47	-0.7	6:26	5:46	
3	Tue	11:14	7.9	11:36	8.0	5:10	-0.7	5:31	-0.7	6:24	5:47	
4	Wed	11:57	7.8			5:56	-0.7	6:12	-0.6	6:23	5:48	
5	Thu	12:16	8.0	12:37	7.6	6:38	-0.7	6:51	-0.4	6:21	5:49	
6	Fri	12:53	7.9	1:16	7.3	7:19	-0.5	7:29	0.0	6:19	5:50	
7	Sat	1:30	7.7	1:54	6.9	7:59	-0.1	8:06	0.4	6:18	5:51	
8	Sun	3:08	7.4	3:33	6.5	9:41	0.2	9:46	0.8	7:16	6:53	
9	Mon	3:48	7.1	4:17	6.1	10:27	0.6	10:30	1.1	7:15	6:54	
10	Tue	4:33	6.8	5:05	5.8	11:19	1.0	11:21	1.4	7:13	6:55	
11	Wed	5:24	6.5	6:01	5.6			12:17	1.2	7:11	6:56	
12	Thu	6:21	6.4	7:04	5.6	12:21	1.6	1:18	1.2	7:10	6:57	
13	Fri	7:23	6.4	8:09	5.8	1:25	1.6	2:17	1.1	7:08	6:58	
14	Sat	8:26	6.5	9:06	6.2	2:28	1.4	3:09	0.8	7:06	6:59	
15	Sun	9:22	6.8	9:53	6.7	3:22	1.0	3:54	0.5	7:05	7:00	
16	Mon	10:10	7.2	10:34	7.2	4:11	0.5	4:35	0.2	7:03	7:01	
17	Tue	10:54	7.5	11:14	7.8	4:55	0.1	5:15	-0.1	7:01	7:02	
18	Wed	11:37	7.7	11:55	8.2	5:39	-0.4	5:54	-0.4	7:00	7:04	
19	Thu			12:20	7.9	6:22	-0.8	6:34	-0.5	6:58	7:05	
20	Fri	12:37	8.6	1:04	7.9	7:06	-1.0	7:16	-0.6	6:56	7:06	
21	Sat	1:21	8.7	1:49	7.8	7:51	-1.0	8:00	-0.5	6:55	7:07	
22	Sun	2:07	8.7	2:37	7.6	8:38	-0.9	8:47	-0.2	6:53	7:08	
23	Mon	2:56	8.5	3:29	7.3	9:30	-0.5	9:40	0.1	6:51	7:09	
24	Tue	3:51	8.1	4:27	6.9	10:29	-0.2	10:42	0.4	6:50	7:10	
25	Wed	4:51	7.7	5:33	6.7	11:35	0.1	11:53	0.7	6:48	7:11	
26	Thu	6:00	7.4	6:47	6.6			12:45	0.3	6:46	7:12	
27	Fri	7:15	7.2	8:01	6.8	1:08	0.7	1:53	0.3	6:45	7:13	
28	Sat	8:28	7.2	9:06	7.1	2:19	0.6	2:55	0.2	6:43	7:14	
29	Sun	9:30	7.3	10:00	7.5	3:22	0.3	3:49	0.0	6:41	7:15	
30	Mon	10:24	7.5	10:46	7.8	4:16	-0.1	4:38	-0.1	6:40	7:16	
31	Tue	11:10	7.6	11:28	8.0	5:05	-0.3	5:23	-0.2	6:38	7:18	