US HARBORS www.USHarbors.com

Stamford, CT - May 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri			12:07	7.2	6:07	-0.2	6:13	0.5	5:51	7:50	
2	Sat	12:12	7.9	12:43	7.1	6:45	-0.1	6:50	0.7	5:50	7:51	
3	Sun	12:47	7.9	1:19	7.0	7:23	0.0	7:26	0.8	5:49	7:53	
4	Mon	1:22	7.7	1:55	6.8	8:00	0.2	8:02	1.0	5:47	7:54	
5	Tue	2:00	7.5	2:33	6.7	8:38	0.4	8:41	1.2	5:46	7:55	
6	Wed	2:40	7.3	3:15	6.5	9:18	0.7	9:23	1.4	5:45	7:56	
7	Thu	3:24	7.0	4:00	6.4	10:01	0.9	10:13	1.6	5:44	7:57	
8	Fri	4:12	6.8	4:50	6.4	10:49	1.1	11:09	1.6	5:43	7:58	
9	Sat	5:05	6.7	5:42	6.6	11:40	1.2			5:42	7:59	
10	Sun	6:01	6.6	6:35	6.8	12:09	1.5	12:33	1.1	5:40	8:00	
11	Mon	6:59	6.6	7:29	7.2	1:09	1.2	1:25	1.0	5:39	8:01	
12	Tue	7:59	6.8	8:23	7.7	2:06	0.8	2:17	0.8	5:38	8:02	
13	Wed	8:56	7.1	9:15	8.2	3:00	0.3	3:08	0.5	5:37	8:03	
14	Thu	9:50	7.4	10:06	8.7	3:52	-0.2	3:58	0.2	5:36	8:04	
15	Fri	10:41	7.7	10:56	9.1	4:42	-0.7	4:48	-0.1	5:35	8:05	
16	Sat	11:32	7.9	11:47	9.3	5:33	-1.0	5:40	-0.3	5:34	8:06	
17	Sun			12:24	8.0	6:24	-1.1	6:33	-0.4	5:34	8:07	
18	Mon	12:39	9.2	1:17	8.0	7:16	-1.1	7:27	-0.3	5:33	8:08	
19	Tue	1:33	9.0	2:12	8.0	8:09	-1.0	8:24	-0.1	5:32	8:09	
20	Wed	2:29	8.7	3:10	7.8	9:04	-0.7	9:24	0.1	5:31	8:10	
21	Thu	3:28	8.2	4:11	7.7	10:02	-0.3	10:29	0.4	5:30	8:10	
22	Fri	4:31	7.8	5:14	7.6	11:03	0.0	11:37	0.5	5:29	8:11	
23	Sat	5:37	7.3	6:16	7.5			12:04	0.3	5:29	8:12	
24	Sun	6:43	7.0	7:16	7.5	12:42	0.6	1:03	0.5	5:28	8:13	
25	Mon	7:46	6.9	8:12	7.6	1:43	0.5	1:59	0.7	5:27	8:14	
26	Tue	8:45	6.8	9:03	7.6	2:40	0.4	2:51	0.8	5:27	8:15	
27	Wed	9:36	6.8	9:48	7.7	3:31	0.3	3:39	0.8	5:26	8:16	
28	Thu	10:22	6.8	10:29	7.7	4:17	0.2	4:23	0.9	5:25	8:17	
29	Fri	11:03	6.8	11:07	7.8	5:00	0.1	5:05	0.9	5:25	8:17	
30	Sat	11:42	6.9	11:43	7.8	5:41	0.1	5:44	0.9	5:24	8:18	
31	Sun			12:19	6.9	6:21	0.1	6:23	1.0	5:24	8:19	