US HARBORS www.USHarbors.com

Stamford, CT - Jul 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	12:35	7.7	1:10	7.0	7:14	0.3	7:19	1.0	5:25	8:30	
2	Thu	1:13	7.6	1:47	7.1	7:49	0.3	7:59	1.0	5:26	8:30	
3	Fri	1:53	7.5	2:24	7.2	8:24	0.4	8:39	0.9	5:26	8:30	
4	Sat	2:34	7.4	3:04	7.3	8:59	0.5	9:22	0.9	5:27	8:29	
5	Sun	3:17	7.2	3:46	7.5	9:37	0.6	10:09	0.9	5:28	8:29	
6	Mon	4:05	7.0	4:33	7.6	10:20	0.7	11:01	0.8	5:28	8:29	
7	Tue	4:56	6.9	5:23	7.8	11:09	0.8	11:58	0.7	5:29	8:29	
8	Wed	5:50	6.8	6:16	8.0			12:02	0.8	5:29	8:28	
9	Thu	6:49	6.7	7:15	8.1	12:58	0.5	1:00	0.8	5:30	8:28	
10	Fri	7:53	6.8	8:17	8.3	2:00	0.3	2:03	0.6	5:31	8:27	
11	Sat	8:58	7.0	9:20	8.6	3:03	0.0	3:07	0.4	5:32	8:27	
12	Sun	10:01	7.4	10:20	8.8	4:02	-0.4	4:09	0.1	5:32	8:26	
13	Mon	11:00	7.7	11:18	8.9	4:59	-0.7	5:10	-0.1	5:33	8:26	
14	Tue	11:56	8.0			5:53	-0.9	6:08	-0.3	5:34	8:25	
15	Wed	12:14	8.9	12:51	8.3	6:46	-1.0	7:05	-0.4	5:35	8:25	
16	Thu	1:08	8.8	1:43	8.4	7:37	-1.0	7:59	-0.4	5:35	8:24	
17	Fri	2:01	8.5	2:34	8.4	8:26	-0.8	8:53	-0.3	5:36	8:24	
18	Sat	2:53	8.1	3:24	8.3	9:14	-0.4	9:47	0.0	5:37	8:23	
19	Sun	3:45	7.7	4:15	8.0	10:04	0.0	10:42	0.3	5:38	8:22	
20	Mon	4:39	7.2	5:05	7.7	10:56	0.5	11:38	0.6	5:39	8:21	
21	Tue	5:33	6.7	5:57	7.4	11:48	0.9			5:40	8:21	
22	Wed	6:30	6.4	6:50	7.2	12:35	0.8	12:42	1.2	5:41	8:20	
23	Thu	7:28	6.2	7:45	7.1	1:32	1.0	1:37	1.4	5:41	8:19	
24	Fri	8:27	6.1	8:39	7.1	2:27	1.0	2:31	1.5	5:42	8:18	
25	Sat	9:21	6.2	9:29	7.2	3:19	0.9	3:22	1.5	5:43	8:17	
26	Sun	10:09	6.3	10:14	7.3	4:07	0.8	4:10	1.3	5:44	8:16	
27	Mon	10:51	6.6	10:55	7.5	4:51	0.6	4:55	1.2	5:45	8:15	
28	Tue	11:30	6.8	11:34	7.6	5:31	0.4	5:37	1.0	5:46	8:14	
29	Wed			12:07	7.1	6:10	0.3	6:18	0.8	5:47	8:13	
30	Thu	12:12	7.7	12:42	7.3	6:45	0.2	6:57	0.7	5:48	8:12	
31	Fri	12:51	7.7	1:18	7.6	7:20	0.2	7:35	0.5	5:49	8:11	