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# Stamford, CT - Mar 2030

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Fri | 9:02 | 7.6 | 9:33 | 7.4 | 2:53 | -0.1 | 3:25 | -0.5 | 6:27 | 5:45 | |
| 2 | Sat | 9:53 | 7.7 | 10:20 | 7.7 | 3:47 | -0.3 | 4:13 | -0.6 | 6:26 | 5:46 | |
| 3 | Sun | 10:40 | 7.8 | 11:02 | 7.9 | 4:36 | -0.5 | 4:58 | -0.6 | 6:24 | 5:47 | |
| 4 | Mon | 11:23 | 7.8 | 11:42 | 7.9 | 5:21 | -0.6 | 5:39 | -0.6 | 6:23 | 5:48 | |
| 5 | Tue | | | 12:02 | 7.6 | 6:03 | -0.6 | 6:18 | -0.4 | 6:21 | 5:49 | |
| 6 | Wed | 12:19 | 7.9 | 12:40 | 7.4 | 6:43 | -0.5 | 6:55 | -0.2 | 6:19 | 5:50 | |
| 7 | Thu | 12:54 | 7.8 | 1:16 | 7.1 | 7:22 | -0.3 | 7:31 | 0.1 | 6:18 | 5:51 | |
| 8 | Fri | 1:30 | 7.6 | 1:52 | 6.8 | 8:00 | 0.0 | 8:07 | 0.4 | 6:16 | 5:53 | |
| 9 | Sat | 2:07 | 7.3 | 2:32 | 6.5 | 8:41 | 0.4 | 8:46 | 0.8 | 6:15 | 5:54 | |
| 10 | Sun | 3:48 | 7.0 | 4:15 | 6.2 | 10:26 | 0.7 | 10:31 | 1.1 | 7:13 | 6:55 | |
| 11 | Mon | 4:34 | 6.8 | 5:04 | 6.0 | 11:17 | 0.9 | 11:23 | 1.3 | 7:11 | 6:56 | |
| 12 | Tue | 5:25 | 6.6 | 5:59 | 5.9 | | | 12:14 | 1.1 | 7:10 | 6:57 | |
| 13 | Wed | 6:21 | 6.5 | 6:59 | 5.9 | 12:22 | 1.4 | 1:13 | 1.1 | 7:08 | 6:58 | |
| 14 | Thu | 7:22 | 6.6 | 8:01 | 6.2 | 1:25 | 1.3 | 2:10 | 0.9 | 7:06 | 6:59 | |
| 15 | Fri | 8:23 | 6.8 | 8:57 | 6.6 | 2:26 | 1.0 | 3:02 | 0.6 | 7:05 | 7:00 | |
| 16 | Sat | 9:19 | 7.1 | 9:47 | 7.2 | 3:21 | 0.6 | 3:49 | 0.2 | 7:03 | 7:01 | |
| 17 | Sun | 10:09 | 7.5 | 10:32 | 7.8 | 4:10 | 0.1 | 4:33 | -0.1 | 7:01 | 7:03 | |
| 18 | Mon | 10:56 | 7.8 | 11:17 | 8.3 | 4:58 | -0.4 | 5:16 | -0.5 | 7:00 | 7:04 | |
| 19 | Tue | 11:43 | 8.1 | | | 5:44 | -0.9 | 6:00 | -0.7 | 6:58 | 7:05 | |
| 20 | Wed | 12:02 | 8.7 | 12:29 | 8.2 | 6:31 | -1.2 | 6:45 | -0.9 | 6:56 | 7:06 | |
| 21 | Thu | 12:48 | 9.0 | 1:17 | 8.2 | 7:18 | -1.3 | 7:31 | -0.9 | 6:55 | 7:07 | |
| 22 | Fri | 1:36 | 9.0 | 2:05 | 8.1 | 8:06 | -1.3 | 8:19 | -0.7 | 6:53 | 7:08 | |
| 23 | Sat | 2:26 | 8.9 | 2:57 | 7.8 | 8:57 | -1.0 | 9:11 | -0.4 | 6:51 | 7:09 | |
| 24 | Sun | 3:19 | 8.5 | 3:53 | 7.5 | 9:53 | -0.7 | 10:09 | -0.1 | 6:50 | 7:10 | |
| 25 | Mon | 4:17 | 8.1 | 4:55 | 7.2 | 10:56 | -0.3 | 11:16 | 0.3 | 6:48 | 7:11 | |
| 26 | Tue | 5:21 | 7.7 | 6:04 | 7.0 | | | 12:02 | 0.0 | 6:46 | 7:12 | |
| 27 | Wed | 6:32 | 7.4 | 7:16 | 6.9 | 12:27 | 0.5 | 1:10 | 0.2 | 6:45 | 7:13 | |
| 28 | Thu | 7:44 | 7.2 | 8:23 | 7.1 | 1:37 | 0.5 | 2:14 | 0.2 | 6:43 | 7:14 | |
| 29 | Fri | 8:51 | 7.2 | 9:22 | 7.3 | 2:42 | 0.3 | 3:11 | 0.1 | 6:41 | 7:15 | |
| 30 | Sat | 9:47 | 7.3 | 10:12 | 7.6 | 3:39 | 0.1 | 4:02 | 0.0 | 6:40 | 7:16 | |
| 31 | Sun | 10:36 | 7.4 | 10:56 | 7.8 | 4:30 | -0.1 | 4:49 | -0.1 | 6:38 | 7:18 | |