US HARBORS www.USHarbors.com

Stonington, CT - Mar 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	6:43	2.9	7:03	2.8	12:36	-0.1	1:43	-0.1	6:21	5:38	
2	Mon	7:31	3.0	7:50	3.0	1:25	-0.2	2:16	-0.2	6:19	5:39	
3	Tue	8:14	2.9	8:34	3.1	2:11	-0.3	2:44	-0.2	6:18	5:40	
4	Wed	8:56	2.9	9:17	3.0	2:53	-0.3	3:10	-0.2	6:16	5:41	
5	Thu	9:37	2.7	9:58	2.9	3:32	-0.3	3:38	-0.2	6:15	5:42	
6	Fri	10:17	2.5	10:39	2.7	4:08	-0.2	4:08	-0.2	6:13	5:44	
7	Sat	10:58	2.3	11:20	2.5	4:44	-0.1	4:41	-0.1	6:11	5:45	
8	Sun			12:40	2.0	6:21	0.1	6:17	0.1	7:10	6:46	
9	Mon	1:03	2.3	1:24	1.9	7:02	0.3	6:57	0.2	7:08	6:47	
10	Tue	1:48	2.1	2:10	1.7	7:51	0.4	7:45	0.4	7:07	6:48	
11	Wed	2:36	2.0	3:00	1.7	9:02	0.6	8:49	0.5	7:05	6:49	
12	Thu	3:30	1.9	3:56	1.6	10:44	0.6	10:12	0.5	7:03	6:50	
13	Fri	4:34	1.9	5:01	1.7	11:54	0.5	11:31	0.4	7:02	6:51	
14	Sat	5:41	2.0	6:04	1.9			12:40	0.3	7:00	6:53	
15	Sun	6:34	2.2	6:54	2.2	12:30	0.2	1:18	0.2	6:58	6:54	
16	Mon	7:18	2.4	7:37	2.4	1:17	0.0	1:51	0.0	6:57	6:55	
17	Tue	7:59	2.6	8:18	2.7	2:01	-0.1	2:24	-0.2	6:55	6:56	
18	Wed	8:39	2.7	9:00	3.0	2:44	-0.3	2:58	-0.3	6:53	6:57	
19	Thu	9:22	2.8	9:42	3.1	3:28	-0.4	3:34	-0.4	6:52	6:58	
20	Fri	10:06	2.8	10:27	3.2	4:12	-0.4	4:11	-0.5	6:50	6:59	
21	Sat	10:53	2.7	11:14	3.2	4:56	-0.4	4:50	-0.4	6:48	7:00	
22	Sun	11:43	2.6			5:39	-0.3	5:32	-0.3	6:46	7:01	
23	Mon	12:06	3.0	12:38	2.5	6:26	-0.1	6:17	-0.2	6:45	7:02	
24	Tue	1:03	2.9	1:37	2.4	7:21	0.1	7:09	0.0	6:43	7:04	
25	Wed	2:05	2.7	2:38	2.3	9:06	0.3	8:15	0.2	6:41	7:05	
26	Thu	3:09	2.6	3:42	2.3	11:06	0.3	9:52	0.3	6:40	7:06	
27	Fri	4:18	2.5	4:50	2.4			12:10	0.2	6:38	7:07	
28	Sat	5:29	2.5	5:56	2.5			12:59	0.2	6:36	7:08	
29	Sun	6:32	2.6	6:54	2.7	12:52	0.1	1:38	0.1	6:35	7:09	
30	Mon	7:24	2.7	7:44	2.9	1:39	0.0	2:09	0.0	6:33	7:10	
31	Tue	8:09	2.7	8:28	3.1	2:19	-0.1	2:33	0.0	6:31	7:11	