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# Stonington, CT - May 2026

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Fri | 9:05 | 2.5 | 9:23 | 3.0 | 3:07 | 0.1 | 2:45 | 0.1 | 5:44 | 7:44 | |
| 2 | Sat | 9:44 | 2.4 | 9:59 | 2.9 | 3:43 | 0.0 | 3:23 | 0.1 | 5:43 | 7:46 | |
| 3 | Sun | 10:22 | 2.4 | 10:36 | 2.7 | 4:20 | 0.1 | 4:03 | 0.1 | 5:41 | 7:47 | |
| 4 | Mon | 11:00 | 2.2 | 11:13 | 2.6 | 4:57 | 0.1 | 4:43 | 0.2 | 5:40 | 7:48 | |
| 5 | Tue | 11:40 | 2.1 | 11:52 | 2.4 | 5:34 | 0.2 | 5:23 | 0.3 | 5:39 | 7:49 | |
| 6 | Wed | | | 12:23 | 2.0 | 6:12 | 0.3 | 6:03 | 0.4 | 5:38 | 7:50 | |
| 7 | Thu | 12:35 | 2.3 | 1:08 | 2.0 | 6:53 | 0.4 | 6:47 | 0.5 | 5:37 | 7:51 | |
| 8 | Fri | 1:22 | 2.2 | 1:56 | 2.0 | 7:40 | 0.5 | 7:40 | 0.6 | 5:35 | 7:52 | |
| 9 | Sat | 2:10 | 2.2 | 2:45 | 2.1 | 8:40 | 0.5 | 8:49 | 0.6 | 5:34 | 7:53 | |
| 10 | Sun | 3:00 | 2.2 | 3:35 | 2.2 | 9:43 | 0.5 | 10:11 | 0.5 | 5:33 | 7:54 | |
| 11 | Mon | 3:54 | 2.2 | 4:30 | 2.4 | 10:38 | 0.3 | 11:22 | 0.4 | 5:32 | 7:55 | |
| 12 | Tue | 4:53 | 2.3 | 5:28 | 2.6 | 11:26 | 0.2 | | | 5:31 | 7:56 | |
| 13 | Wed | 5:54 | 2.4 | 6:24 | 2.9 | 12:19 | 0.2 | 12:11 | 0.0 | 5:30 | 7:57 | |
| 14 | Thu | 6:51 | 2.5 | 7:17 | 3.2 | 1:10 | 0.0 | 12:55 | -0.2 | 5:29 | 7:58 | |
| 15 | Fri | 7:45 | 2.7 | 8:07 | 3.4 | 1:59 | -0.1 | 1:41 | -0.3 | 5:28 | 7:59 | |
| 16 | Sat | 8:36 | 2.8 | 8:58 | 3.6 | 2:50 | -0.2 | 2:29 | -0.3 | 5:27 | 8:00 | |
| 17 | Sun | 9:28 | 2.9 | 9:50 | 3.6 | 3:44 | -0.3 | 3:19 | -0.3 | 5:26 | 8:01 | |
| 18 | Mon | 10:21 | 2.9 | 10:43 | 3.5 | 4:39 | -0.2 | 4:12 | -0.3 | 5:25 | 8:02 | |
| 19 | Tue | 11:15 | 2.9 | 11:39 | 3.3 | 5:32 | -0.2 | 5:06 | -0.2 | 5:24 | 8:03 | |
| 20 | Wed | | | 12:12 | 2.8 | 6:26 | 0.0 | 6:00 | 0.0 | 5:24 | 8:04 | |
| 21 | Thu | 12:38 | 3.1 | 1:11 | 2.8 | 7:29 | 0.1 | 7:00 | 0.2 | 5:23 | 8:05 | |
| 22 | Fri | 1:37 | 2.9 | 2:10 | 2.8 | 8:51 | 0.2 | 8:20 | 0.4 | 5:22 | 8:06 | |
| 23 | Sat | 2:35 | 2.7 | 3:08 | 2.8 | 10:01 | 0.3 | 10:19 | 0.5 | 5:21 | 8:07 | |
| 24 | Sun | 3:32 | 2.5 | 4:07 | 2.8 | 10:55 | 0.3 | 11:32 | 0.5 | 5:21 | 8:07 | |
| 25 | Mon | 4:31 | 2.4 | 5:06 | 2.8 | 11:35 | 0.3 | | | 5:20 | 8:08 | |
| 26 | Tue | 5:30 | 2.3 | 6:03 | 2.8 | 12:24 | 0.4 | 12:04 | 0.3 | 5:19 | 8:09 | |
| 27 | Wed | 6:26 | 2.3 | 6:54 | 2.9 | 1:04 | 0.4 | 12:29 | 0.3 | 5:19 | 8:10 | |
| 28 | Thu | 7:15 | 2.3 | 7:38 | 2.9 | 1:37 | 0.3 | 1:00 | 0.3 | 5:18 | 8:11 | |
| 29 | Fri | 7:59 | 2.3 | 8:19 | 2.9 | 2:09 | 0.3 | 1:35 | 0.2 | 5:17 | 8:12 | |
| 30 | Sat | 8:40 | 2.3 | 8:58 | 2.9 | 2:43 | 0.2 | 2:14 | 0.2 | 5:17 | 8:13 | |
| 31 | Sun | 9:19 | 2.3 | 9:35 | 2.8 | 3:22 | 0.2 | 2:56 | 0.2 | 5:16 | 8:13 | |