


































## Rehoboth Beach (outer coast), DE - Mar 2026

| Date |     | High  |     |       |     | Low   |      |       |      |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM    | ft   | Rise  | Set  | Moon  |
| 1    | Sun | 6:00  | 4.4 | 6:13  | 3.5 |       |      | 12:19 | -0.3 | 6:32  | 5:53 |    |
| 2    | Mon | 6:48  | 4.4 | 7:01  | 3.7 | 12:19 | -0.8 | 1:02  | -0.4 | 6:30  | 5:54 |    |
| 3    | Tue | 7:32  | 4.4 | 7:46  | 3.9 | 1:08  | -0.9 | 1:41  | -0.5 | 6:29  | 5:55 |    |
| 4    | Wed | 8:13  | 4.2 | 8:28  | 4.1 | 1:54  | -0.9 | 2:19  | -0.5 | 6:27  | 5:56 |    |
| 5    | Thu | 8:52  | 4.0 | 9:09  | 4.1 | 2:37  | -0.7 | 2:55  | -0.4 | 6:26  | 5:57 |    |
| 6    | Fri | 9:31  | 3.7 | 9:50  | 4.1 | 3:20  | -0.5 | 3:31  | -0.2 | 6:24  | 5:58 |    |
| 7    | Sat | 10:10 | 3.4 | 10:31 | 4.0 | 4:04  | -0.2 | 4:09  | 0.0  | 6:23  | 5:59 |    |
| 8    | Sun | 11:50 | 3.2 |       |     | 5:49  | 0.2  | 5:49  | 0.3  | 7:21  | 7:00 |    |
| 9    | Mon | 12:14 | 3.8 | 12:32 | 2.9 | 6:36  | 0.6  | 6:33  | 0.5  | 7:20  | 7:01 |    |
| 10   | Tue | 1:02  | 3.6 | 1:20  | 2.7 | 7:27  | 0.9  | 7:22  | 0.7  | 7:18  | 7:02 |    |
| 11   | Wed | 1:58  | 3.5 | 2:15  | 2.6 | 8:23  | 1.1  | 8:17  | 0.8  | 7:17  | 7:03 |    |
| 12   | Thu | 3:00  | 3.4 | 3:17  | 2.6 | 9:22  | 1.2  | 9:15  | 0.8  | 7:15  | 7:04 |   |
| 13   | Fri | 4:04  | 3.5 | 4:19  | 2.7 | 10:22 | 1.2  | 10:14 | 0.7  | 7:14  | 7:05 |  |
| 14   | Sat | 5:02  | 3.7 | 5:14  | 3.0 | 11:17 | 1.0  | 11:11 | 0.4  | 7:12  | 7:06 |  |
| 15   | Sun | 5:52  | 3.9 | 6:04  | 3.3 |       |      | 12:05 | 0.7  | 7:10  | 7:07 |  |
| 16   | Mon | 6:37  | 4.2 | 6:50  | 3.7 | 12:04 | 0.1  | 12:47 | 0.4  | 7:09  | 7:08 |  |
| 17   | Tue | 7:20  | 4.3 | 7:34  | 4.0 | 12:54 | -0.2 | 1:27  | 0.0  | 7:07  | 7:09 |  |
| 18   | Wed | 8:02  | 4.4 | 8:18  | 4.4 | 1:41  | -0.5 | 2:06  | -0.3 | 7:06  | 7:10 |  |
| 19   | Thu | 8:45  | 4.4 | 9:03  | 4.7 | 2:27  | -0.7 | 2:46  | -0.5 | 7:04  | 7:11 |  |
| 20   | Fri | 9:28  | 4.3 | 9:48  | 4.9 | 3:14  | -0.8 | 3:27  | -0.5 | 7:03  | 7:12 |  |
| 21   | Sat | 10:12 | 4.1 | 10:35 | 4.9 | 4:03  | -0.7 | 4:10  | -0.5 | 7:01  | 7:13 |  |
| 22   | Sun | 10:59 | 3.8 | 11:25 | 4.8 | 4:54  | -0.5 | 4:56  | -0.4 | 7:00  | 7:14 |  |
| 23   | Mon | 11:48 | 3.5 |       |     | 5:49  | -0.2 | 5:48  | -0.2 | 6:58  | 7:15 |  |
| 24   | Tue | 12:19 | 4.7 | 12:42 | 3.2 | 6:49  | 0.1  | 6:46  | 0.0  | 6:56  | 7:16 |  |
| 25   | Wed | 1:20  | 4.4 | 1:44  | 3.0 | 7:54  | 0.3  | 7:50  | 0.1  | 6:55  | 7:17 |  |
| 26   | Thu | 2:29  | 4.2 | 2:54  | 2.9 | 9:02  | 0.5  | 8:58  | 0.2  | 6:53  | 7:17 |  |
| 27   | Fri | 3:42  | 4.1 | 4:08  | 3.0 | 10:10 | 0.5  | 10:08 | 0.1  | 6:52  | 7:18 |  |
| 28   | Sat | 4:52  | 4.1 | 5:14  | 3.2 | 11:14 | 0.3  | 11:15 | 0.0  | 6:50  | 7:19 |  |
| 29   | Sun | 5:51  | 4.1 | 6:10  | 3.5 |       |      | 12:07 | 0.1  | 6:49  | 7:20 |  |
| 30   | Mon | 6:40  | 4.1 | 6:57  | 3.8 | 12:15 | -0.2 | 12:52 | 0.0  | 6:47  | 7:21 |  |
| 31   | Tue | 7:24  | 4.1 | 7:40  | 4.1 | 1:08  | -0.4 | 1:31  | -0.2 | 6:46  | 7:22 |  |