


































Sturgeon Island, Merrymeeting Bay, ME - Mar 2026

| Date | | High | | | | Low | | | |  |  | |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sun | 11:11 | 5.9 | 11:49 | 5.4 | 4:56 | 0.3 | 5:39 | -0.3 | 6:15 | 5:27 |  |
| 2 | Mon | | | 12:04 | 6.0 | 5:51 | 0.0 | 6:27 | -0.5 | 6:13 | 5:28 |  |
| 3 | Tue | 12:36 | 5.6 | 12:52 | 6.1 | 6:41 | -0.2 | 7:11 | -0.5 | 6:12 | 5:30 |  |
| 4 | Wed | 1:20 | 5.7 | 1:37 | 6.0 | 7:28 | -0.3 | 7:52 | -0.4 | 6:10 | 5:31 |  |
| 5 | Thu | 2:00 | 5.8 | 2:20 | 5.8 | 8:11 | -0.3 | 8:30 | -0.2 | 6:08 | 5:32 |  |
| 6 | Fri | 2:38 | 5.8 | 3:01 | 5.5 | 8:53 | -0.2 | 9:07 | 0.1 | 6:06 | 5:34 |  |
| 7 | Sat | 3:15 | 5.7 | 3:43 | 5.2 | 9:34 | 0.0 | 9:45 | 0.4 | 6:05 | 5:35 |  |
| 8 | Sun | 4:54 | 5.5 | 5:27 | 4.9 | 11:17 | 0.2 | 11:26 | 0.7 | 7:03 | 6:36 |  |
| 9 | Mon | 5:35 | 5.3 | 6:15 | 4.6 | | | 12:03 | 0.4 | 7:01 | 6:37 |  |
| 10 | Tue | 6:22 | 5.1 | 7:07 | 4.4 | 12:10 | 0.9 | 12:54 | 0.7 | 6:59 | 6:39 |  |
| 11 | Wed | 7:15 | 4.9 | 8:05 | 4.2 | 1:00 | 1.2 | 1:50 | 0.8 | 6:58 | 6:40 |  |
| 12 | Thu | 8:13 | 4.8 | 9:08 | 4.2 | 1:56 | 1.3 | 2:52 | 0.9 | 6:56 | 6:41 |  |
| 13 | Fri | 9:16 | 4.8 | 10:09 | 4.3 | 2:57 | 1.3 | 3:56 | 0.9 | 6:54 | 6:42 |  |
| 14 | Sat | 10:17 | 4.9 | 11:03 | 4.5 | 4:01 | 1.2 | 4:52 | 0.7 | 6:52 | 6:44 |  |
| 15 | Sun | 11:10 | 5.2 | 11:48 | 4.8 | 4:57 | 1.0 | 5:39 | 0.4 | 6:50 | 6:45 |  |
| 16 | Mon | 11:57 | 5.4 | | | 5:45 | 0.7 | 6:19 | 0.2 | 6:49 | 6:46 |  |
| 17 | Tue | 12:28 | 5.1 | 12:40 | 5.6 | 6:29 | 0.3 | 6:57 | -0.1 | 6:47 | 6:47 |  |
| 18 | Wed | 1:06 | 5.4 | 1:21 | 5.8 | 7:11 | 0.0 | 7:35 | -0.2 | 6:45 | 6:49 |  |
| 19 | Thu | 1:44 | 5.8 | 2:03 | 5.9 | 7:54 | -0.3 | 8:13 | -0.4 | 6:43 | 6:50 |  |
| 20 | Fri | 2:22 | 6.0 | 2:46 | 5.9 | 8:37 | -0.6 | 8:53 | -0.4 | 6:41 | 6:51 |  |
| 21 | Sat | 3:02 | 6.2 | 3:31 | 5.9 | 9:22 | -0.7 | 9:36 | -0.3 | 6:40 | 6:52 |  |
| 22 | Sun | 3:44 | 6.3 | 4:18 | 5.7 | 10:09 | -0.7 | 10:22 | -0.1 | 6:38 | 6:54 |  |
| 23 | Mon | 4:30 | 6.2 | 5:10 | 5.4 | 10:59 | -0.6 | 11:12 | 0.1 | 6:36 | 6:55 |  |
| 24 | Tue | 5:22 | 6.1 | 6:09 | 5.2 | 11:56 | -0.3 | | | 6:34 | 6:56 |  |
| 25 | Wed | 6:22 | 5.8 | 7:15 | 4.9 | 12:09 | 0.4 | 12:59 | -0.1 | 6:32 | 6:57 |  |
| 26 | Thu | 7:30 | 5.6 | 8:26 | 4.8 | 1:12 | 0.6 | 2:08 | 0.1 | 6:30 | 6:58 |  |
| 27 | Fri | 8:43 | 5.5 | 9:38 | 4.8 | 2:23 | 0.7 | 3:21 | 0.2 | 6:29 | 7:00 |  |
| 28 | Sat | 9:56 | 5.5 | 10:45 | 5.0 | 3:38 | 0.7 | 4:31 | 0.1 | 6:27 | 7:01 |  |
| 29 | Sun | 11:02 | 5.6 | 11:41 | 5.3 | 4:49 | 0.5 | 5:30 | 0.0 | 6:25 | 7:02 |  |
| 30 | Mon | 11:59 | 5.7 | | | 5:49 | 0.3 | 6:20 | -0.1 | 6:23 | 7:03 |  |
| 31 | Tue | 12:30 | 5.5 | 12:50 | 5.7 | 6:40 | 0.0 | 7:05 | -0.1 | 6:21 | 7:05 |  |