

































Hampton, NH - Mar 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	9:25	9.3	10:03	8.4	3:24	0.4	4:07	-0.5	6:18	5:32	
2	Mon	10:18	9.5	10:50	8.8	4:19	0.0	4:55	-0.7	6:16	5:33	
3	Tue	11:06	9.5	11:34	9.0	5:09	-0.3	5:39	-0.7	6:15	5:35	
4	Wed	11:51	9.4			5:56	-0.4	6:20	-0.6	6:13	5:36	
5	Thu	12:14	9.1	12:34	9.1	6:39	-0.5	6:58	-0.3	6:11	5:37	
6	Fri	12:52	9.1	1:15	8.7	7:21	-0.3	7:35	0.1	6:10	5:38	
7	Sat	1:29	8.9	1:57	8.2	8:02	-0.1	8:13	0.6	6:08	5:39	
8	Sun	3:08	8.6	3:41	7.7	9:45	0.3	9:54	1.0	7:06	6:41	
9	Mon	3:49	8.3	4:29	7.3	10:31	0.7	10:38	1.5	7:05	6:42	
10	Tue	4:36	7.9	5:21	6.9	11:22	1.0	11:28	1.8	7:03	6:43	
11	Wed	5:29	7.7	6:19	6.6			12:18	1.3	7:01	6:44	
12	Thu	6:27	7.5	7:22	6.5	12:24	2.0	1:20	1.4	6:59	6:45	
13	Fri	7:30	7.5	8:23	6.7	1:25	2.1	2:24	1.4	6:58	6:47	
14	Sat	8:31	7.7	9:17	7.0	2:29	1.9	3:20	1.1	6:56	6:48	
15	Sun	9:24	8.1	10:02	7.5	3:25	1.6	4:07	0.7	6:54	6:49	
16	Mon	10:11	8.5	10:42	8.0	4:13	1.1	4:47	0.3	6:52	6:50	
17	Tue	10:54	8.8	11:20	8.5	4:57	0.5	5:25	-0.1	6:51	6:51	
18	Wed	11:35	9.1	11:58	9.1	5:39	0.0	6:03	-0.4	6:49	6:53	
19	Thu			12:17	9.3	6:22	-0.5	6:41	-0.6	6:47	6:54	
20	Fri	12:36	9.5	1:00	9.3	7:05	-0.9	7:21	-0.6	6:45	6:55	
21	Sat	1:16	9.8	1:45	9.2	7:50	-1.1	8:04	-0.5	6:44	6:56	
22	Sun	1:58	9.9	2:32	8.9	8:37	-1.1	8:50	-0.2	6:42	6:57	
23	Mon	2:44	9.8	3:24	8.5	9:27	-0.9	9:40	0.2	6:40	6:58	
24	Tue	3:36	9.5	4:23	8.1	10:24	-0.5	10:37	0.6	6:38	7:00	
25	Wed	4:36	9.1	5:29	7.7	11:27	-0.1	11:40	0.9	6:37	7:01	
26	Thu	5:44	8.8	6:40	7.5			12:36	0.2	6:35	7:02	
27	Fri	6:57	8.6	7:52	7.6	12:51	1.2	1:49	0.3	6:33	7:03	
28	Sat	8:10	8.6	8:59	7.9	2:06	1.1	2:59	0.2	6:31	7:04	
29	Sun	9:16	8.7	9:55	8.3	3:17	0.8	3:58	0.0	6:30	7:05	
30	Mon	10:13	8.9	10:44	8.7	4:17	0.4	4:48	-0.1	6:28	7:07	
31	Tue	11:04	9.0	11:28	9.0	5:08	0.0	5:33	-0.2	6:26	7:08	