


































Bay Shore, NY - Mar 2026

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sun | 8:14 | 1.1 | 8:43 | 1.0 | 2:10 | -0.1 | 2:54 | -0.2 | 6:26 | 5:44 |  |
| 2 | Mon | 9:01 | 1.1 | 9:29 | 1.1 | 3:02 | -0.2 | 3:40 | -0.3 | 6:24 | 5:45 |  |
| 3 | Tue | 9:45 | 1.1 | 10:12 | 1.1 | 3:51 | -0.2 | 4:23 | -0.3 | 6:23 | 5:46 |  |
| 4 | Wed | 10:26 | 1.1 | 10:53 | 1.1 | 4:37 | -0.2 | 5:03 | -0.3 | 6:21 | 5:47 |  |
| 5 | Thu | 11:07 | 1.1 | 11:33 | 1.1 | 5:20 | -0.2 | 5:39 | -0.2 | 6:20 | 5:48 |  |
| 6 | Fri | 11:47 | 1.0 | | | 6:00 | -0.1 | 6:13 | -0.1 | 6:18 | 5:49 |  |
| 7 | Sat | 12:13 | 1.1 | 12:29 | 0.9 | 6:38 | 0.0 | 6:45 | 0.0 | 6:16 | 5:50 |  |
| 8 | Sun | 12:54 | 1.0 | 2:13 | 0.9 | 8:17 | 0.1 | 8:18 | 0.1 | 7:15 | 6:51 |  |
| 9 | Mon | 2:37 | 1.0 | 3:00 | 0.8 | 8:59 | 0.2 | 8:53 | 0.2 | 7:13 | 6:53 |  |
| 10 | Tue | 3:23 | 0.9 | 3:50 | 0.7 | 9:51 | 0.3 | 9:41 | 0.3 | 7:12 | 6:54 |  |
| 11 | Wed | 4:11 | 0.9 | 4:42 | 0.7 | 10:57 | 0.3 | 10:51 | 0.4 | 7:10 | 6:55 |  |
| 12 | Thu | 5:04 | 0.9 | 5:39 | 0.7 | | | 12:06 | 0.3 | 7:08 | 6:56 |  |
| 13 | Fri | 6:03 | 0.9 | 6:43 | 0.7 | 12:07 | 0.4 | 1:06 | 0.3 | 7:07 | 6:57 |  |
| 14 | Sat | 7:06 | 0.9 | 7:44 | 0.8 | 1:11 | 0.3 | 1:58 | 0.2 | 7:05 | 6:58 |  |
| 15 | Sun | 8:04 | 1.0 | 8:35 | 0.9 | 2:05 | 0.2 | 2:44 | 0.1 | 7:03 | 6:59 |  |
| 16 | Mon | 8:53 | 1.0 | 9:19 | 1.0 | 2:54 | 0.1 | 3:27 | 0.0 | 7:02 | 7:00 |  |
| 17 | Tue | 9:36 | 1.1 | 9:58 | 1.0 | 3:41 | 0.0 | 4:09 | -0.1 | 7:00 | 7:01 |  |
| 18 | Wed | 10:16 | 1.1 | 10:36 | 1.1 | 4:28 | -0.1 | 4:50 | -0.2 | 6:59 | 7:02 |  |
| 19 | Thu | 10:57 | 1.1 | 11:15 | 1.2 | 5:15 | -0.2 | 5:31 | -0.2 | 6:57 | 7:03 |  |
| 20 | Fri | 11:40 | 1.1 | 11:57 | 1.2 | 6:01 | -0.2 | 6:11 | -0.3 | 6:55 | 7:04 |  |
| 21 | Sat | | | 12:25 | 1.1 | 6:46 | -0.2 | 6:52 | -0.2 | 6:54 | 7:06 |  |
| 22 | Sun | 12:43 | 1.2 | 1:16 | 1.0 | 7:33 | -0.2 | 7:34 | -0.2 | 6:52 | 7:07 |  |
| 23 | Mon | 1:35 | 1.2 | 2:13 | 1.0 | 8:23 | -0.1 | 8:21 | 0.0 | 6:50 | 7:08 |  |
| 24 | Tue | 2:34 | 1.1 | 3:16 | 0.9 | 9:22 | 0.0 | 9:19 | 0.1 | 6:49 | 7:09 |  |
| 25 | Wed | 3:37 | 1.1 | 4:19 | 0.9 | 10:33 | 0.1 | 10:33 | 0.2 | 6:47 | 7:10 |  |
| 26 | Thu | 4:41 | 1.1 | 5:24 | 0.9 | 11:48 | 0.1 | 11:52 | 0.2 | 6:45 | 7:11 |  |
| 27 | Fri | 5:47 | 1.0 | 6:31 | 0.9 | | | 12:54 | 0.1 | 6:44 | 7:12 |  |
| 28 | Sat | 6:56 | 1.0 | 7:37 | 1.0 | 1:02 | 0.2 | 1:51 | 0.0 | 6:42 | 7:13 |  |
| 29 | Sun | 8:00 | 1.0 | 8:34 | 1.0 | 2:02 | 0.1 | 2:41 | -0.1 | 6:40 | 7:14 |  |
| 30 | Mon | 8:53 | 1.1 | 9:22 | 1.1 | 2:55 | 0.0 | 3:27 | -0.1 | 6:39 | 7:15 |  |
| 31 | Tue | 9:39 | 1.1 | 10:04 | 1.2 | 3:44 | -0.1 | 4:10 | -0.1 | 6:37 | 7:16 |  |