


































Centerport Harbor, NY - Mar 2026

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sun | 9:45 | 7.8 | 10:16 | 7.6 | 3:35 | -0.1 | 4:06 | -0.6 | 6:27 | 5:44 |  |
| 2 | Mon | 10:34 | 7.9 | 11:00 | 7.9 | 4:27 | -0.4 | 4:52 | -0.7 | 6:25 | 5:45 |  |
| 3 | Tue | 11:19 | 7.9 | 11:40 | 8.0 | 5:14 | -0.6 | 5:34 | -0.7 | 6:23 | 5:46 |  |
| 4 | Wed | 11:59 | 7.8 | | | 5:57 | -0.6 | 6:13 | -0.5 | 6:22 | 5:47 |  |
| 5 | Thu | 12:18 | 8.0 | 12:37 | 7.6 | 6:37 | -0.6 | 6:50 | -0.3 | 6:20 | 5:49 |  |
| 6 | Fri | 12:53 | 7.9 | 1:14 | 7.3 | 7:16 | -0.4 | 7:26 | 0.0 | 6:19 | 5:50 |  |
| 7 | Sat | 1:29 | 7.7 | 1:52 | 7.0 | 7:55 | -0.1 | 8:04 | 0.3 | 6:17 | 5:51 |  |
| 8 | Sun | 3:08 | 7.5 | 3:33 | 6.7 | 9:37 | 0.2 | 9:45 | 0.7 | 7:15 | 6:52 |  |
| 9 | Mon | 3:50 | 7.2 | 4:19 | 6.3 | 10:24 | 0.5 | 10:32 | 1.0 | 7:14 | 6:53 |  |
| 10 | Tue | 4:37 | 6.9 | 5:11 | 6.0 | 11:18 | 0.9 | 11:27 | 1.3 | 7:12 | 6:54 |  |
| 11 | Wed | 5:32 | 6.6 | 6:12 | 5.8 | | | 12:19 | 1.1 | 7:11 | 6:55 |  |
| 12 | Thu | 6:34 | 6.5 | 7:21 | 5.7 | 12:31 | 1.5 | 1:24 | 1.1 | 7:09 | 6:56 |  |
| 13 | Fri | 7:41 | 6.4 | 8:28 | 5.9 | 1:38 | 1.5 | 2:25 | 1.0 | 7:07 | 6:57 |  |
| 14 | Sat | 8:45 | 6.6 | 9:24 | 6.3 | 2:40 | 1.4 | 3:19 | 0.8 | 7:06 | 6:59 |  |
| 15 | Sun | 9:38 | 6.8 | 10:08 | 6.7 | 3:34 | 1.0 | 4:05 | 0.5 | 7:04 | 7:00 |  |
| 16 | Mon | 10:23 | 7.1 | 10:47 | 7.2 | 4:22 | 0.6 | 4:46 | 0.3 | 7:02 | 7:01 |  |
| 17 | Tue | 11:04 | 7.4 | 11:23 | 7.7 | 5:05 | 0.2 | 5:23 | 0.0 | 7:01 | 7:02 |  |
| 18 | Wed | 11:43 | 7.6 | | | 5:45 | -0.2 | 6:00 | -0.2 | 6:59 | 7:03 |  |
| 19 | Thu | 12:00 | 8.1 | 12:23 | 7.8 | 6:25 | -0.6 | 6:37 | -0.4 | 6:57 | 7:04 |  |
| 20 | Fri | 12:40 | 8.5 | 1:05 | 7.9 | 7:06 | -0.9 | 7:16 | -0.5 | 6:56 | 7:05 |  |
| 21 | Sat | 1:22 | 8.7 | 1:49 | 7.9 | 7:49 | -1.0 | 7:59 | -0.5 | 6:54 | 7:06 |  |
| 22 | Sun | 2:07 | 8.8 | 2:37 | 7.7 | 8:36 | -0.9 | 8:46 | -0.3 | 6:52 | 7:07 |  |
| 23 | Mon | 2:57 | 8.6 | 3:29 | 7.4 | 9:27 | -0.6 | 9:39 | 0.0 | 6:51 | 7:08 |  |
| 24 | Tue | 3:51 | 8.3 | 4:27 | 7.1 | 10:26 | -0.3 | 10:41 | 0.3 | 6:49 | 7:09 |  |
| 25 | Wed | 4:52 | 7.9 | 5:34 | 6.9 | 11:32 | 0.0 | 11:52 | 0.6 | 6:47 | 7:10 |  |
| 26 | Thu | 6:01 | 7.6 | 6:49 | 6.8 | | | 12:43 | 0.2 | 6:46 | 7:11 |  |
| 27 | Fri | 7:19 | 7.4 | 8:06 | 6.9 | 1:08 | 0.6 | 1:54 | 0.2 | 6:44 | 7:13 |  |
| 28 | Sat | 8:34 | 7.4 | 9:13 | 7.3 | 2:21 | 0.5 | 2:58 | 0.1 | 6:42 | 7:14 |  |
| 29 | Sun | 9:38 | 7.5 | 10:08 | 7.6 | 3:26 | 0.2 | 3:55 | -0.1 | 6:41 | 7:15 |  |
| 30 | Mon | 10:32 | 7.6 | 10:56 | 7.9 | 4:22 | -0.1 | 4:45 | -0.2 | 6:39 | 7:16 |  |
| 31 | Tue | 11:19 | 7.7 | 11:37 | 8.0 | 5:12 | -0.3 | 5:29 | -0.2 | 6:37 | 7:17 |  |