

































## Long Beach (inside), NY - Mar 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	6:17	4.3	6:46	3.9			12:29	-0.5	6:27	5:45	
2	Mon	7:04	4.4	7:32	4.2	12:37	-0.4	1:15	-0.6	6:26	5:47	
3	Tue	7:48	4.4	8:15	4.3	1:26	-0.5	1:58	-0.7	6:24	5:48	
4	Wed	8:29	4.3	8:56	4.3	2:12	-0.5	2:38	-0.6	6:23	5:49	
5	Thu	9:10	4.1	9:36	4.2	2:55	-0.5	3:14	-0.5	6:21	5:50	
6	Fri	9:50	3.8	10:16	4.0	3:35	-0.3	3:48	-0.3	6:20	5:51	
7	Sat	10:32	3.5	10:57	3.9	4:13	-0.1	4:20	0.0	6:18	5:52	
8	Sun			12:16	3.3	5:52	0.1	5:53	0.3	7:16	6:53	
9	Mon	12:40	3.7	1:03	3.0	6:34	0.4	6:28	0.6	7:15	6:54	
10	Tue	1:26	3.5	1:53	2.9	7:26	0.7	7:16	0.8	7:13	6:55	
11	Wed	2:14	3.4	2:45	2.8	8:32	0.8	8:26	1.0	7:12	6:56	
12	Thu	3:07	3.3	3:42	2.7	9:41	0.8	9:42	0.9	7:10	6:58	
13	Fri	4:06	3.3	4:46	2.8	10:41	0.7	10:46	0.8	7:08	6:59	
14	Sat	5:09	3.4	5:47	3.0	11:33	0.4	11:40	0.6	7:07	7:00	
15	Sun	6:07	3.6	6:38	3.3			12:19	0.2	7:05	7:01	
16	Mon	6:56	3.9	7:22	3.7	12:29	0.3	1:02	-0.1	7:03	7:02	
17	Tue	7:39	4.1	8:01	4.0	1:16	0.0	1:44	-0.3	7:02	7:03	
18	Wed	8:19	4.3	8:39	4.3	2:03	-0.2	2:25	-0.4	7:00	7:04	
19	Thu	9:00	4.3	9:18	4.5	2:50	-0.4	3:06	-0.6	6:59	7:05	
20	Fri	9:43	4.2	10:00	4.6	3:36	-0.5	3:46	-0.6	6:57	7:06	
21	Sat	10:28	4.1	10:46	4.6	4:21	-0.5	4:27	-0.5	6:55	7:07	
22	Sun	11:19	3.9	11:38	4.5	5:08	-0.4	5:09	-0.4	6:54	7:08	
23	Mon			12:16	3.7	5:58	-0.2	5:56	-0.1	6:52	7:09	
24	Tue	12:37	4.3	1:19	3.5	6:57	0.1	6:54	0.2	6:50	7:10	
25	Wed	1:40	4.2	2:22	3.4	8:08	0.3	8:08	0.4	6:49	7:11	
26	Thu	2:44	4.0	3:27	3.4	9:23	0.3	9:27	0.5	6:47	7:12	
27	Fri	3:50	3.9	4:34	3.5	10:29	0.2	10:37	0.3	6:45	7:13	
28	Sat	4:59	3.9	5:40	3.7	11:26	0.0	11:37	0.2	6:44	7:15	
29	Sun	6:03	4.0	6:37	4.0			12:16	-0.1	6:42	7:16	
30	Mon	6:56	4.1	7:25	4.2	12:30	0.0	1:02	-0.3	6:40	7:17	
31	Tue	7:42	4.2	8:07	4.4	1:19	-0.1	1:45	-0.3	6:39	7:18	