



Ponquoque Point, NY - Mar 2023

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Tue | 7:27 | 3.5 | 7:52 | 3.4 | 1:21 | -0.7 | 1:52 | -0.7 | 6:23 | 5:41 | ☀ |
| 2 | Wed | 8:17 | 3.5 | 8:43 | 3.5 | 2:13 | -0.7 | 2:38 | -0.8 | 6:21 | 5:42 | ☀ |
| 3 | Thu | 9:06 | 3.4 | 9:33 | 3.5 | 3:04 | -0.7 | 3:24 | -0.7 | 6:19 | 5:43 | ☀ |
| 4 | Fri | 9:56 | 3.2 | 10:25 | 3.5 | 3:55 | -0.6 | 4:11 | -0.6 | 6:18 | 5:44 | ☀ |
| 5 | Sat | 10:47 | 3.0 | 11:17 | 3.3 | 4:48 | -0.4 | 5:01 | -0.4 | 6:16 | 5:45 | ☀ |
| 6 | Sun | 11:39 | 2.7 | | | 5:46 | -0.2 | 5:55 | -0.2 | 6:15 | 5:47 | ☀ |
| 7 | Mon | 12:11 | 3.1 | 12:34 | 2.5 | 6:48 | 0.1 | 6:56 | 0.1 | 6:13 | 5:48 | ☀ |
| 8 | Tue | 1:08 | 2.9 | 1:34 | 2.3 | 7:55 | 0.2 | 8:01 | 0.2 | 6:11 | 5:49 | ☀ |
| 9 | Wed | 2:10 | 2.7 | 2:39 | 2.2 | 9:02 | 0.3 | 9:07 | 0.3 | 6:10 | 5:50 | ☀ |
| 10 | Thu | 3:16 | 2.7 | 3:47 | 2.2 | 10:04 | 0.3 | 10:08 | 0.3 | 6:08 | 5:51 | ☀ |
| 11 | Fri | 4:18 | 2.7 | 4:46 | 2.3 | 10:59 | 0.3 | 11:04 | 0.3 | 6:07 | 5:52 | ☀ |
| 12 | Sat | 5:10 | 2.7 | 5:33 | 2.4 | 11:46 | 0.2 | 11:53 | 0.2 | 6:05 | 5:53 | ☀ |
| 13 | Sun | 6:53 | 2.8 | 7:13 | 2.6 | | | 1:26 | 0.1 | 7:03 | 6:54 | ☀ |
| 14 | Mon | 7:31 | 2.8 | 7:50 | 2.7 | 1:36 | 0.1 | 2:02 | 0.1 | 7:02 | 6:55 | ☀ |
| 15 | Tue | 8:08 | 2.9 | 8:27 | 2.9 | 2:15 | 0.0 | 2:36 | 0.0 | 7:00 | 6:56 | ☀ |
| 16 | Wed | 8:45 | 2.9 | 9:03 | 3.0 | 2:52 | 0.0 | 3:07 | 0.0 | 6:58 | 6:58 | ☀ |
| 17 | Thu | 9:22 | 2.9 | 9:41 | 3.0 | 3:27 | 0.0 | 3:38 | 0.0 | 6:57 | 6:59 | ☀ |
| 18 | Fri | 10:00 | 2.8 | 10:20 | 3.1 | 4:02 | 0.0 | 4:10 | 0.0 | 6:55 | 7:00 | ☀ |
| 19 | Sat | 10:39 | 2.8 | 11:00 | 3.1 | 4:37 | 0.0 | 4:42 | 0.0 | 6:53 | 7:01 | ☀ |
| 20 | Sun | 11:20 | 2.7 | 11:42 | 3.0 | 5:14 | 0.1 | 5:16 | 0.1 | 6:52 | 7:02 | ☀ |
| 21 | Mon | | | 12:03 | 2.6 | 5:56 | 0.2 | 5:57 | 0.2 | 6:50 | 7:03 | ☀ |
| 22 | Tue | 12:28 | 3.0 | 12:51 | 2.5 | 6:45 | 0.3 | 6:45 | 0.3 | 6:48 | 7:04 | ☀ |
| 23 | Wed | 1:19 | 2.9 | 1:44 | 2.4 | 7:43 | 0.4 | 7:45 | 0.3 | 6:47 | 7:05 | ☀ |
| 24 | Thu | 2:15 | 2.9 | 2:45 | 2.4 | 8:48 | 0.4 | 8:54 | 0.3 | 6:45 | 7:06 | ☀ |
| 25 | Fri | 3:18 | 2.9 | 3:50 | 2.5 | 9:53 | 0.3 | 10:03 | 0.2 | 6:43 | 7:07 | ☀ |
| 26 | Sat | 4:22 | 3.0 | 4:55 | 2.7 | 10:54 | 0.1 | 11:10 | 0.0 | 6:42 | 7:08 | ☀ |
| 27 | Sun | 5:25 | 3.2 | 5:55 | 3.0 | 11:52 | -0.1 | | | 6:40 | 7:09 | ☀ |
| 28 | Mon | 6:22 | 3.3 | 6:49 | 3.3 | 12:13 | -0.2 | 12:46 | -0.3 | 6:38 | 7:10 | ☀ |
| 29 | Tue | 7:15 | 3.4 | 7:41 | 3.6 | 1:11 | -0.4 | 1:37 | -0.4 | 6:37 | 7:11 | ☀ |
| 30 | Wed | 8:06 | 3.5 | 8:31 | 3.8 | 2:07 | -0.5 | 2:26 | -0.6 | 6:35 | 7:12 | ☀ |
| 31 | Thu | 8:56 | 3.5 | 9:21 | 3.8 | 2:59 | -0.6 | 3:13 | -0.6 | 6:33 | 7:14 | ☀ |