


































Sheepshead Bay, NY - Mar 2026

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sun | 5:57 | 5.4 | 6:32 | 5.0 | | | 12:27 | -0.4 | 6:28 | 5:47 |  |
| 2 | Mon | 6:47 | 5.5 | 7:19 | 5.3 | 12:35 | -0.2 | 1:13 | -0.5 | 6:27 | 5:48 |  |
| 3 | Tue | 7:32 | 5.6 | 8:02 | 5.5 | 1:24 | -0.3 | 1:54 | -0.6 | 6:25 | 5:49 |  |
| 4 | Wed | 8:15 | 5.5 | 8:42 | 5.6 | 2:09 | -0.4 | 2:33 | -0.6 | 6:24 | 5:50 |  |
| 5 | Thu | 8:55 | 5.3 | 9:21 | 5.5 | 2:52 | -0.3 | 3:09 | -0.4 | 6:22 | 5:51 |  |
| 6 | Fri | 9:35 | 5.0 | 9:58 | 5.4 | 3:32 | -0.2 | 3:44 | -0.1 | 6:21 | 5:52 |  |
| 7 | Sat | 10:15 | 4.7 | 10:36 | 5.1 | 4:10 | 0.0 | 4:18 | 0.2 | 6:19 | 5:53 |  |
| 8 | Sun | 11:55 | 4.3 | | | 5:49 | 0.2 | 5:53 | 0.5 | 7:18 | 6:54 |  |
| 9 | Mon | 12:16 | 4.9 | 12:38 | 4.1 | 6:30 | 0.5 | 6:31 | 0.8 | 7:16 | 6:55 |  |
| 10 | Tue | 12:59 | 4.6 | 1:26 | 3.8 | 7:17 | 0.8 | 7:17 | 1.1 | 7:14 | 6:57 |  |
| 11 | Wed | 1:48 | 4.4 | 2:20 | 3.7 | 8:16 | 1.0 | 8:19 | 1.3 | 7:13 | 6:58 |  |
| 12 | Thu | 2:44 | 4.3 | 3:21 | 3.6 | 9:25 | 1.1 | 9:31 | 1.3 | 7:11 | 6:59 |  |
| 13 | Fri | 3:44 | 4.3 | 4:25 | 3.7 | 10:31 | 0.9 | 10:38 | 1.2 | 7:09 | 7:00 |  |
| 14 | Sat | 4:46 | 4.4 | 5:26 | 3.9 | 11:27 | 0.7 | 11:35 | 0.9 | 7:08 | 7:01 |  |
| 15 | Sun | 5:44 | 4.7 | 6:20 | 4.3 | | | 12:16 | 0.3 | 7:06 | 7:02 |  |
| 16 | Mon | 6:36 | 5.0 | 7:07 | 4.7 | 12:26 | 0.6 | 1:01 | 0.0 | 7:05 | 7:03 |  |
| 17 | Tue | 7:23 | 5.2 | 7:50 | 5.2 | 1:15 | 0.3 | 1:43 | -0.2 | 7:03 | 7:04 |  |
| 18 | Wed | 8:08 | 5.4 | 8:30 | 5.6 | 2:02 | 0.0 | 2:24 | -0.4 | 7:01 | 7:05 |  |
| 19 | Thu | 8:51 | 5.5 | 9:11 | 5.9 | 2:48 | -0.3 | 3:05 | -0.5 | 7:00 | 7:06 |  |
| 20 | Fri | 9:35 | 5.4 | 9:52 | 6.0 | 3:33 | -0.5 | 3:45 | -0.5 | 6:58 | 7:07 |  |
| 21 | Sat | 10:20 | 5.2 | 10:36 | 6.0 | 4:19 | -0.5 | 4:27 | -0.4 | 6:56 | 7:08 |  |
| 22 | Sun | 11:09 | 5.0 | 11:25 | 5.9 | 5:05 | -0.4 | 5:11 | -0.2 | 6:55 | 7:09 |  |
| 23 | Mon | | | 12:02 | 4.8 | 5:55 | -0.1 | 5:59 | 0.1 | 6:53 | 7:10 |  |
| 24 | Tue | 12:20 | 5.6 | 1:01 | 4.5 | 6:51 | 0.2 | 6:56 | 0.4 | 6:51 | 7:11 |  |
| 25 | Wed | 1:20 | 5.3 | 2:04 | 4.4 | 7:57 | 0.5 | 8:04 | 0.6 | 6:50 | 7:13 |  |
| 26 | Thu | 2:25 | 5.1 | 3:11 | 4.3 | 9:11 | 0.6 | 9:19 | 0.7 | 6:48 | 7:14 |  |
| 27 | Fri | 3:32 | 5.0 | 4:18 | 4.4 | 10:22 | 0.5 | 10:31 | 0.6 | 6:46 | 7:15 |  |
| 28 | Sat | 4:38 | 5.0 | 5:22 | 4.7 | 11:22 | 0.3 | 11:33 | 0.4 | 6:45 | 7:16 |  |
| 29 | Sun | 5:39 | 5.1 | 6:19 | 5.0 | | | 12:13 | 0.0 | 6:43 | 7:17 |  |
| 30 | Mon | 6:34 | 5.2 | 7:09 | 5.4 | 12:27 | 0.2 | 12:59 | -0.2 | 6:42 | 7:18 |  |
| 31 | Tue | 7:23 | 5.3 | 7:53 | 5.6 | 1:17 | 0.1 | 1:41 | -0.3 | 6:40 | 7:19 |  |