

































Sheepshead Bay, NY - Mar 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	2:28	4.6	3:01	3.9	9:06	0.7	9:19	0.8	6:28	5:47	
2	Fri	3:30	4.6	4:05	4.0	10:08	0.6	10:19	0.8	6:27	5:48	
3	Sat	4:30	4.6	5:03	4.2	11:01	0.5	11:11	0.6	6:25	5:49	
4	Sun	5:24	4.7	5:54	4.4	11:47	0.3	11:59	0.5	6:24	5:50	
5	Mon	6:11	4.9	6:38	4.7			12:28	0.1	6:22	5:51	
6	Tue	6:53	5.0	7:17	4.9	12:43	0.3	1:06	-0.1	6:20	5:52	
7	Wed	7:31	5.0	7:53	5.1	1:24	0.2	1:43	-0.1	6:19	5:53	
8	Thu	8:07	5.0	8:26	5.2	2:03	0.1	2:18	-0.1	6:17	5:54	
9	Fri	8:42	4.9	8:57	5.2	2:40	0.1	2:51	0.0	6:16	5:56	
10	Sat	9:16	4.7	9:27	5.1	3:16	0.1	3:23	0.1	6:14	5:57	
11	Sun	10:50	4.5	10:58	5.1	4:50	0.2	4:55	0.3	7:12	6:58	
12	Mon	11:27	4.3	11:35	5.0	5:24	0.3	5:26	0.5	7:11	6:59	
13	Tue			12:11	4.1	6:03	0.5	6:02	0.6	7:09	7:00	
14	Wed	12:20	4.9	1:03	4.0	6:51	0.6	6:49	0.8	7:08	7:01	
15	Thu	1:16	4.9	2:05	3.9	7:56	0.8	7:56	0.9	7:06	7:02	
16	Fri	2:20	4.9	3:12	3.9	9:14	0.8	9:17	0.8	7:04	7:03	
17	Sat	3:29	5.0	4:21	4.2	10:26	0.5	10:31	0.6	7:03	7:04	
18	Sun	4:39	5.2	5:26	4.6	11:27	0.2	11:36	0.2	7:01	7:05	
19	Mon	5:44	5.4	6:26	5.2			12:20	-0.2	6:59	7:06	
20	Tue	6:44	5.7	7:19	5.7	12:35	-0.2	1:10	-0.5	6:58	7:07	
21	Wed	7:38	5.8	8:09	6.2	1:30	-0.6	1:58	-0.8	6:56	7:08	
22	Thu	8:28	5.9	8:56	6.4	2:23	-0.8	2:44	-0.9	6:54	7:10	
23	Fri	9:17	5.8	9:43	6.5	3:14	-0.9	3:30	-0.8	6:53	7:11	
24	Sat	10:05	5.6	10:30	6.3	4:03	-0.9	4:16	-0.6	6:51	7:12	
25	Sun	10:54	5.3	11:18	6.0	4:51	-0.6	5:01	-0.3	6:49	7:13	
26	Mon	11:45	4.9			5:39	-0.3	5:48	0.1	6:48	7:14	
27	Tue	12:09	5.6	12:39	4.6	6:29	0.1	6:38	0.5	6:46	7:15	
28	Wed	1:03	5.2	1:36	4.3	7:25	0.5	7:35	0.9	6:45	7:16	
29	Thu	2:00	4.9	2:35	4.1	8:28	0.8	8:42	1.1	6:43	7:17	
30	Fri	2:59	4.6	3:36	4.1	9:35	0.9	9:51	1.2	6:41	7:18	
31	Sat	3:58	4.5	4:36	4.2	10:35	0.8	10:52	1.1	6:40	7:19	