



Three Mile Harbor, NY - Jul 2026

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|-------|-----|-------|------|-------|-----|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Wed | | | 12:03 | 2.4 | 5:43 | 0.3 | 5:42 | 0.7 | 5:20 | 8:25 | ☉ |
| 2 | Thu | 12:10 | 2.9 | 12:47 | 2.4 | 6:21 | 0.3 | 6:24 | 0.7 | 5:20 | 8:24 | ☉ |
| 3 | Fri | 12:50 | 2.8 | 1:32 | 2.5 | 7:01 | 0.3 | 7:11 | 0.7 | 5:21 | 8:24 | ☉ |
| 4 | Sat | 1:30 | 2.7 | 2:16 | 2.5 | 7:43 | 0.3 | 8:02 | 0.8 | 5:22 | 8:24 | ☾ |
| 5 | Sun | 2:10 | 2.6 | 2:58 | 2.6 | 8:25 | 0.4 | 8:56 | 0.7 | 5:22 | 8:24 | ☾ |
| 6 | Mon | 2:51 | 2.5 | 3:39 | 2.7 | 9:07 | 0.4 | 9:51 | 0.7 | 5:23 | 8:23 | ☾ |
| 7 | Tue | 3:37 | 2.4 | 4:25 | 2.8 | 9:51 | 0.5 | 10:49 | 0.6 | 5:23 | 8:23 | ☾ |
| 8 | Wed | 4:32 | 2.3 | 5:18 | 3.0 | 10:40 | 0.5 | 11:48 | 0.4 | 5:24 | 8:23 | ☾ |
| 9 | Thu | 5:36 | 2.2 | 6:15 | 3.1 | 11:33 | 0.5 | | | 5:25 | 8:22 | ☾ |
| 10 | Fri | 6:40 | 2.2 | 7:10 | 3.3 | 12:46 | 0.3 | 12:30 | 0.5 | 5:25 | 8:22 | ☾ |
| 11 | Sat | 7:37 | 2.3 | 8:04 | 3.4 | 1:43 | 0.1 | 1:29 | 0.4 | 5:26 | 8:22 | ☾ |
| 12 | Sun | 8:31 | 2.4 | 8:59 | 3.5 | 2:40 | 0.0 | 2:29 | 0.3 | 5:27 | 8:21 | ☾ |
| 13 | Mon | 9:25 | 2.5 | 9:53 | 3.5 | 3:34 | -0.1 | 3:28 | 0.2 | 5:28 | 8:21 | ☾ |
| 14 | Tue | 10:19 | 2.6 | 10:47 | 3.5 | 4:25 | -0.2 | 4:24 | 0.1 | 5:28 | 8:20 | ☾ |
| 15 | Wed | 11:13 | 2.7 | 11:40 | 3.4 | 5:14 | -0.2 | 5:19 | 0.1 | 5:29 | 8:19 | ☾ |
| 16 | Thu | | | 12:08 | 2.8 | 6:03 | -0.2 | 6:14 | 0.1 | 5:30 | 8:19 | ☾ |
| 17 | Fri | 12:32 | 3.2 | 1:04 | 2.9 | 6:52 | -0.1 | 7:12 | 0.3 | 5:31 | 8:18 | ☾ |
| 18 | Sat | 1:25 | 3.0 | 2:00 | 2.9 | 7:43 | 0.1 | 8:13 | 0.4 | 5:32 | 8:17 | ☾ |
| 19 | Sun | 2:19 | 2.7 | 2:54 | 3.0 | 8:33 | 0.2 | 9:14 | 0.5 | 5:33 | 8:17 | ☾ |
| 20 | Mon | 3:12 | 2.4 | 3:48 | 2.9 | 9:24 | 0.4 | 10:15 | 0.6 | 5:33 | 8:16 | ☾ |
| 21 | Tue | 4:08 | 2.2 | 4:43 | 2.9 | 10:15 | 0.6 | 11:16 | 0.6 | 5:34 | 8:15 | ☾ |
| 22 | Wed | 5:10 | 2.1 | 5:42 | 2.9 | 11:08 | 0.8 | | | 5:35 | 8:14 | ☾ |
| 23 | Thu | 6:14 | 2.0 | 6:38 | 2.8 | 12:15 | 0.6 | 12:03 | 0.9 | 5:36 | 8:14 | ☾ |
| 24 | Fri | 7:11 | 2.0 | 7:30 | 2.8 | 1:09 | 0.6 | 12:57 | 0.9 | 5:37 | 8:13 | ☾ |
| 25 | Sat | 8:00 | 2.1 | 8:17 | 2.8 | 1:58 | 0.6 | 1:48 | 0.9 | 5:38 | 8:12 | ☉ |
| 26 | Sun | 8:45 | 2.2 | 9:02 | 2.9 | 2:44 | 0.5 | 2:36 | 0.8 | 5:39 | 8:11 | ☉ |
| 27 | Mon | 9:29 | 2.3 | 9:46 | 2.9 | 3:25 | 0.5 | 3:20 | 0.8 | 5:40 | 8:10 | ☉ |
| 28 | Tue | 10:12 | 2.4 | 10:26 | 2.9 | 4:02 | 0.4 | 4:01 | 0.7 | 5:41 | 8:09 | ☉ |
| 29 | Wed | 10:54 | 2.5 | 11:05 | 2.9 | 4:38 | 0.3 | 4:39 | 0.6 | 5:42 | 8:08 | ☉ |
| 30 | Thu | 11:35 | 2.6 | 11:42 | 2.9 | 5:13 | 0.3 | 5:18 | 0.6 | 5:43 | 8:07 | ☉ |
| 31 | Fri | | | 12:15 | 2.6 | 5:48 | 0.2 | 6:00 | 0.6 | 5:43 | 8:06 | ☉ |