



## NOAA Tide Predictions

### Stamford Harbor, CT,2025

The NOAA Tide Predictions application provides predictions in both graphical and tabular formats, with many user selected options, for over 3000 stations broken down by key areas in each state. Users can also access stations via the Google map interface. Additional information can be found in the help page.

**Station Types:** The NOAA Tide Predictions application provides predictions from 2 distinct categories of stations at over 3000 locations:

**Harmonic** - The predicted height values for Harmonic stations are conducted by combining the harmonic constituents into a single tide curve.

**Subordinate** - The high and low height values for Subordinate stations are obtained by means and differences, and ratios applied to the full harmonic constant predictions at a specific Harmonic station (a Reference station).

**Disclaimer:** The official Tide prediction tables are published annually on October 1, for the following calendar year. Tide predictions generated prior to the publishing date of the official tables are subject to change. The predictions from the web based NOAA Tidal Predictions are based upon the latest information available as of the date of your request. Tide predictions generated may differ from the official published predictions if information for the station requested has been updated since the publishing date of the official published tables.



StationId: 8469198  
 Source: NOAA/NOS/CO-OPS  
 Station Type: Primary  
 Time Zone: LST\_LDT  
 Datum: MLLW

NOAA Tide Predictions

**Stamford Harbor, CT, 2025**  
 (41 02.3N / 73 32.8W)

Times and Heights of High and Low Waters

January					February					March																								
Time	Height				Time	Height				Time	Height				Time	Height																		
h m	ft	cm	ft	cm	h m	ft	cm	ft	cm	h m	ft	cm	ft	cm	h m	ft	cm	ft	cm															
<b>1</b>	05:57 AM	0.2	6		<b>16</b>	12:44 AM	7.3	223		<b>1</b>	12:54 AM	8.1	247		<b>16</b>	01:25 AM	7.3	223		<b>1</b>	06:09 AM	-1.2	-37		<b>16</b>	01:15 AM	7.6	232						
	11:57 AM	7.9	241			06:57 AM	-0.1	-3			07:15 AM	-0.8	-24			07:50 AM	0.1	3				12:08 PM	8.3	253			07:42 AM	-0.1	-3					
W	06:31 PM	-0.6	-18		Th	12:55 PM	7.5	229		Sa	01:14 PM	7.9	241		Su	01:43 PM	6.8	207		Sa	06:25 PM	-1.1	-34		Su	01:37 PM	7.1	216			07:50 PM	0.3	9	
						07:21 PM	-0.5	-15			07:33 PM	-0.9	-27			07:59 PM	0.3	9																
<b>2</b>	12:31 AM	7.2	219		<b>17</b>	01:25 AM	7.2	219		<b>2</b>	01:41 AM	8.3	253		<b>17</b>	02:00 AM	7.2	219		<b>2</b>	12:30 AM	8.8	268		<b>17</b>	01:47 AM	7.5	229						
	06:43 AM	0.0	0			07:41 AM	0.1	3			08:59 AM	-0.8	-24			08:29 AM	0.3	9			06:57 AM	-1.3	-40			08:17 AM	0.0	0						
Th	12:43 PM	7.8	238		F	01:36 PM	7.1	216		Su	02:03 PM	7.6	232		M	02:20 PM	6.5	198		Su	12:56 PM	8.1	247		M	02:10 PM	6.9	210			08:22 AM	0.5	15	
	07:12 PM	-0.6	-18			08:01 PM	-0.2	-6			08:20 PM	-0.7	-21			08:34 PM	0.6	18			07:11 PM	-1.0	-30			08:22 PM	0.5	15						
<b>3</b>	01:16 AM	7.4	226		<b>18</b>	02:05 AM	7.1	216		<b>3</b>	02:30 AM	8.2	250		<b>18</b>	02:37 AM	7.0	213		<b>3</b>	01:18 AM	8.8	268		<b>18</b>	02:21 AM	7.4	226						
	07:31 AM	-0.1	-3			08:26 AM	0.3	9			08:59 AM	-0.6	-18			09:11 AM	0.6	18			07:47 AM	-1.2	-37			08:52 AM	0.3	9						
F	01:30 PM	7.7	235		Sa	02:18 PM	6.8	207		M	02:56 PM	7.2	219		Tu	03:01 PM	6.2	189		M	01:46 PM	7.8	238		Tu	02:46 PM	6.6	201			08:55 PM	0.8	24	
	07:55 PM	-0.5	-15			08:40 PM	0.2	6			09:10 PM	-0.4	-12			09:13 PM	0.9	27			07:58 PM	-0.7	-21											
<b>4</b>	02:02 AM	7.6	232		<b>19</b>	02:44 AM	7.0	213		<b>4</b>	03:22 AM	8.1	247		<b>19</b>	03:19 AM	6.8	207		<b>4</b>	02:08 AM	8.6	262		<b>19</b>	02:58 AM	7.2	219						
	08:22 AM	-0.1	-3			09:11 AM	0.5	15			11:02 AM	-0.4	-12			09:58 AM	0.8	24			08:40 AM	-0.8	-24			09:31 AM	0.5	15						
Sa	02:20 PM	7.4	226		Su	03:01 PM	6.4	195		Tu	03:53 PM	6.8	207		W	03:46 PM	5.9	180		Tu	02:38 PM	7.4	226		W	03:25 PM	6.4	195			09:32 PM	1.1	34	
	08:42 PM	-0.4	-12			09:21 PM	0.5	15			10:07 PM	0.0	0			09:57 PM	1.2	37			08:51 PM	-0.3	-9											
<b>5</b>	02:52 AM	7.7	235		<b>20</b>	03:25 AM	6.8	207		<b>5</b>	04:19 AM	7.8	238		<b>20</b>	04:06 AM	6.7	204		<b>5</b>	03:01 AM	8.2	250		<b>20</b>	03:40 AM	7.0	213						
	09:18 AM	-0.1	-3			10:00 AM	0.7	21			11:02 AM	-0.1	-3			10:51 AM	1.0	30			09:39 AM	-0.4	-12			10:15 AM	0.8	24						
Su	03:14 PM	7.1	216		M	03:46 PM	6.0	183		W	04:55 PM	6.5	198		Th	04:36 PM	5.6	171		W	03:36 PM	7.0	213		Th	04:09 PM	6.1	186			10:16 PM	1.3	40	
	09:33 PM	-0.2	-6			10:04 PM	0.9	27		●	11:10 PM	0.3	9		●	10:49 PM	1.4	43			09:50 PM	0.2	6											
<b>6</b>	03:45 AM	7.8	238		<b>21</b>	04:08 AM	6.7	204		<b>6</b>	05:22 AM	7.6	232		<b>21</b>	04:58 AM	6.6	201		<b>6</b>	04:01 AM	7.8	238		<b>21</b>	04:27 AM	6.8	207						
	10:18 AM	-0.1	-3			10:51 AM	0.9	27			12:09 PM	0.0	0			11:50 AM	1.1	34			10:44 AM	0.0	0			11:06 AM	1.0	30						
M	04:12 PM	6.8	207		Tu	04:34 PM	5.8	177		Th	06:04 PM	6.3	192		F	05:33 PM	5.5	168		Th	04:40 PM	6.6	201		F	05:00 PM	5.9	180			11:09 PM	1.5	46	
●	10:29 PM	0.0	0		●	10:51 PM	1.1	34		●	11:18 PM	6.2	189		●	11:48 PM	1.4	43		●	10:57 PM	0.5	15		●	11:29 PM	1.5	46						
<b>7</b>	04:41 AM	7.8	238		<b>22</b>	04:55 AM	6.6	201		<b>7</b>	12:18 AM	0.5	15		<b>22</b>	05:55 AM	6.6	201		<b>7</b>	05:07 AM	7.4	226		<b>22</b>	05:20 AM	6.7	204						
	11:22 AM	-0.1	-3			11:45 AM	0.9	27			06:30 AM	7.4	226			12:52 PM	1.0	30			11:53 AM	0.3	9			12:05 PM	1.1	34						
Tu	05:14 PM	6.6	201		W	05:26 PM	5.6	171		F	01:16 PM	0.0	0		Sa	06:37 PM	5.6	171		F	05:53 PM	6.3	192		Sa	05:56 PM	5.8	177						
	11:29 PM	0.2	6			11:42 PM	1.3	40			01:18 PM	6.2	189																					
<b>8</b>	05:41 AM	7.8	238		<b>23</b>	05:46 AM	6.5	198		<b>8</b>	01:28 AM	0.5	15		<b>23</b>	12:52 AM	1.3	40		<b>8</b>	12:09 AM	0.8	24		<b>23</b>	12:11 AM	1.5	46						
	12:27 PM	-0.1	-3			12:42 PM	0.9	27			07:41 AM	7.4	226			06:58 AM	6.7	204			06:20 AM	7.1	216			06:18 AM	6.7	204						
W	06:20 PM	6.5	198		Th	06:24 PM	5.5	168		Sa	02:19 PM	-0.1	-3		Su	01:50 PM	0.7	21		Sa	01:01 PM	0.3	9		Su	01:07 PM	1.1	34			06:59 PM	6.0	183	
						06:42 PM	5.5	168			08:26 PM	6.4	195			07:42 PM	5.9	180			07:08 PM	6.3	192											
<b>9</b>	12:33 AM	0.3	9		<b>24</b>	12:37 AM	1.3	40		<b>9</b>	02:32 AM	0.4	12		<b>24</b>	01:55 AM	1.0	30		<b>9</b>	01:20 AM	0.8	24		<b>24</b>	01:19 AM	1.4	43						
	06:45 AM	7.8	238			06:41 AM	6.6	201			08:44 AM	7.4	226			07:59 AM	7.0	213			08:32 AM	7.0	213			01:22 AM	6.8	207						
Th	01:31 PM	-0.3	-9		F	01:37 PM	0.7	21		Su	03:16 PM	-0.2	-6		M	02:42 PM	0.3	9		Su	03:03 PM	0.3	9		M	02:08 PM	0.8	24			08:03 PM	6.4	195	
	07:29 PM	6.5	198			07:25 PM	5.6	171			09:23 PM	6.7	204			08:38 PM	6.4	195			09:13 PM	6.5	198											
<b>10</b>	01:37 AM	0.2	6		<b>25</b>	01:33 AM	1.2	37		<b>10</b>	03:29 AM	0.2	6		<b>25</b>	02:51 AM	0.6	18		<b>10</b>	03:23 AM	0.6	18		<b>25</b>	02:25 AM	1.0	30						
	07:50 AM	7.8	238			07:38 AM	6.8	207			09:39 AM	7.5	229			08:54 AM	7.4	226			09:34 AM	7.1	216			08:27 AM	7.0	213						
F	02:31 PM	-0.4	-12		Sa	02:29 PM	0.5	15		M	04:07 PM	-0.4	-12		Tu	03:29 PM	-0.1	-3		M	03:58 PM	0.1	3		Tu	03:03 PM	0.4	12			09:03 PM	6.9	210	
	08:34 PM	6.6	201			08:22 PM	5.8	177			10:13 PM	6.9	210			09:28 PM	7.0	213			10:08 PM	6.8	207											
<b>11</b>	02:39 AM	0.1	3		<b>26</b>	02:27 AM	1.0	30		<b>11</b>	04:21 AM	0.0	0		<b>26</b>	03:43 AM	0.0	0		<b>11</b>	04:17 AM	0.4	12		<b>26</b>	03:25 AM	0.4	12						
	08:51 AM	7.9	241			08:32 AM	7.1	216			10:27 AM	7.6	232			09:45 AM	7.8	238			10:26 AM	7.2	219			09:26 AM	7.4	226						
Sa	03:28 PM	-0.6	-18		Su	03:17 PM	0.2	6		Tu	04:53 PM	-0.5	-15		W	04:14 PM	-0.5	-15		Tu	04:46 PM	0.0	0		W	03:53 PM	0.0	0			09:55 PM	7.6	232	
	09:32 PM	6.8	207			03:12 PM	6.2	189			11:39 PM	7.3	223			10:14 PM	7.6	232			10:54 PM	7.1	216											
<b>12</b>	03:37 AM	0.0	0		<b>27</b>	03:17 AM	0.7	21		<b>12</b>	05:09 AM	-0.1	-3		<b>27</b>	04:32 AM	-0.5	-15		<b>12</b>	05:06 AM	0.1	3		<b>27</b> </									



**Stamford Harbor, CT, 2025**  
 (41 02.3N / 73 32.8W)

Times and Heights of High and Low Waters

April					May					June																			
Time	Height				Time	Height				Time	Height				Time	Height													
	h	m	ft	cm		h	m	ft	cm		h	m	ft	cm		h	m	ft	cm										
<b>1</b>	01:56 AM	9.1	277		<b>16</b>	01:49 AM	7.6	232		<b>1</b>	02:30 AM	8.7	265		<b>16</b>	02:02 AM	7.6	232		<b>1</b>	04:07 AM	7.5	229		<b>16</b>	03:14 AM	7.5	229	
	08:28 AM	-1.2	-37			08:23 AM	0.3	9			09:06 AM	-0.7	-21			08:39 AM	0.4	12			10:38 AM	0.2	6			09:41 AM	0.4	12	
Tu	02:29 PM	7.9	241		W	02:18 PM	6.7	204		Th	03:09 PM	7.6	232		F	02:37 PM	6.7	204		Su	04:49 PM	7.3	223		M	03:49 PM	7.4	226	
	08:40 PM	-0.5	-15			08:24 PM	1.0	30			09:21 PM	0.2	6			08:43 PM	1.2	37			11:09 PM	0.9	27			10:08 PM	0.9	27	
<b>2</b>	02:48 AM	8.8	268		<b>17</b>	02:27 AM	7.4	226		<b>2</b>	03:27 AM	8.2	250		<b>17</b>	02:46 AM	7.4	226		<b>2</b>	05:07 AM	7.1	216		<b>17</b>	04:06 AM	7.3	223	
	09:22 AM	-0.8	-24			09:01 AM	0.5	15			10:04 AM	-0.2	-6			09:20 AM	0.6	18			11:34 AM	0.6	18			10:29 AM	0.5	15	
W	03:23 PM	7.5	229		Th	02:58 PM	6.5	198		F	04:10 PM	7.3	223		Sa	03:22 PM	6.7	204		M	05:46 PM	7.2	219		Tu	04:39 PM	7.6	232	
	09:35 PM	-0.1	-3			09:03 PM	1.2	37			10:24 PM	0.6	18			09:30 PM	1.3	40							11:06 PM	0.7	21		
<b>3</b>	03:43 AM	8.3	253		<b>18</b>	03:09 AM	7.2	219		<b>3</b>	04:28 AM	7.6	232		<b>18</b>	03:34 AM	7.3	223		<b>3</b>	12:10 AM	1.0	30		<b>18</b>	05:01 AM	7.1	216	
	10:21 AM	-0.3	-9			09:40 AM	0.8	24			11:06 AM	0.2	6			10:06 AM	0.7	21			06:06 AM	6.7	204			11:21 AM	0.5	15	
Th	04:23 PM	7.1	216		F	03:43 PM	6.4	195		Sa	05:14 PM	7.0	213		Su	04:11 PM	6.8	207		Tu	12:29 PM	0.9	27		W	05:33 PM	7.8	238	
	10:37 PM	0.4	12			09:48 PM	1.4	43			11:32 PM	0.9	27			10:24 PM	1.3	40		●	06:40 PM	7.1	216		●				
<b>4</b>	04:45 AM	7.7	235		<b>19</b>	03:57 AM	7.0	213		<b>4</b>	05:34 AM	7.2	219		<b>19</b>	04:26 AM	7.1	216		<b>4</b>	01:08 AM	1.0	30		<b>19</b>	12:06 AM	0.6	18	
	11:26 AM	0.1	3			10:33 AM	1.0	30			12:08 PM	0.5	15			10:57 AM	0.8	24			07:05 AM	6.5	198			05:59 AM	7.0	213	
F	05:29 PM	6.7	204		Sa	04:33 PM	6.3	192		Su	06:19 PM	6.9	210		M	05:04 PM	7.0	213		W	01:21 PM	1.1	34		Th	12:17 PM	0.5	15	
	11:47 PM	0.8	24			10:43 PM	1.5	46		●				●	11:26 PM	1.2	37			07:32 PM	7.1	216			06:28 PM	8.0	244		
<b>5</b>	05:53 AM	7.3	223		<b>20</b>	04:50 AM	6.9	210		<b>5</b>	12:39 AM	1.0	30		<b>20</b>	05:23 AM	7.0	213		<b>5</b>	02:02 AM	0.9	27		<b>20</b>	01:08 AM	0.3	9	
	12:34 PM	0.4	12			11:28 AM	1.0	30			06:41 AM	6.8	207			11:52 AM	0.8	24			08:02 AM	6.4	195			07:00 AM	7.0	213	
Sa	06:40 PM	6.6	201		Su	05:28 PM	6.3	192		M	01:08 PM	0.7	21		Tu	05:59 PM	7.2	219		Th	02:11 PM	1.2	37		F	01:15 PM	0.5	15	
●						11:46 PM	1.5	46			07:20 PM	6.9	210		●					08:20 PM	7.2	219			07:27 PM	8.3	253		
<b>6</b>	12:58 AM	0.9	27		<b>21</b>	05:48 AM	6.8	207		<b>6</b>	01:42 AM	1.0	30		<b>21</b>	12:29 AM	0.9	27		<b>6</b>	02:53 AM	0.8	24		<b>21</b>	02:10 AM	0.0	0	
	07:05 AM	7.0	213			12:27 PM	1.0	30			07:45 AM	6.7	204			06:24 AM	7.0	213			08:54 AM	6.4	195			08:04 AM	7.1	216	
Su	01:39 PM	0.6	18		M	06:27 PM	6.6	201		Tu	02:04 PM	0.8	24		W	12:48 PM	0.7	21		F	02:58 PM	1.2	37		Sa	02:15 PM	0.4	12	
	07:50 PM	6.6	201		●						08:17 PM	7.0	213			06:56 PM	7.6	232			09:05 PM	7.3	223			08:27 PM	8.5	259	
<b>7</b>	02:06 AM	0.9	27		<b>22</b>	12:53 AM	1.2	37		<b>7</b>	02:38 AM	0.8	24		<b>22</b>	01:32 AM	0.5	15		<b>7</b>	03:39 AM	0.7	21		<b>22</b>	03:10 AM	-0.3	-9	
	08:14 AM	6.9	210			06:51 AM	6.9	210			08:44 AM	6.7	204			07:26 AM	7.1	216			09:40 AM	6.4	195			09:08 AM	-0.2	-6	
M	02:39 PM	0.6	18		Tu	01:26 PM	0.8	24		W	02:55 PM	0.9	27		Th	01:45 PM	0.5	15		Sa	03:42 PM	1.2	37		Su	03:15 PM	0.2	6	
	08:51 PM	6.8	207			07:28 PM	7.0	213			09:06 PM	7.2	219			07:54 PM	8.1	247			09:46 PM	7.4	226			09:27 PM	8.7	265	
<b>8</b>	03:05 AM	0.7	21		<b>23</b>	01:58 AM	0.8	24		<b>8</b>	03:28 AM	0.6	18		<b>23</b>	02:33 AM	0.0	0		<b>8</b>	04:22 AM	0.5	15		<b>23</b>	04:07 AM	-0.5	-15	
	09:14 AM	6.9	210			10:47 AM	7.1	216			07:34 AM	6.7	204			08:29 AM	7.3	223			10:22 AM	6.5	198			10:08 AM	7.4	226	
Tu	03:31 PM	0.5	15		W	02:22 PM	0.5	15		Th	03:40 PM	0.9	27		F	02:42 PM	0.2	6		Su	04:23 PM	1.2	37		M	04:14 PM	0.1	3	
	09:42 PM	7.0	213			08:27 PM	7.6	232			09:48 PM	7.4	226			08:52 PM	8.5	259			10:25 PM	7.6	232			10:24 PM	8.9	271	
<b>9</b>	03:57 AM	0.5	15		<b>24</b>	02:58 AM	0.2	6		<b>9</b>	04:13 AM	0.4	12		<b>24</b>	03:30 AM	-0.4	-12		<b>9</b>	05:03 AM	0.4	12		<b>24</b>	05:03 AM	-0.7	-21	
	10:04 AM	7.0	213			08:57 AM	7.4	226			10:17 AM	6.8	207			09:29 AM	7.5	229			11:01 AM	6.6	201			11:04 AM	7.6	232	
W	04:17 PM	0.4	12		Th	03:16 PM	0.1	3		F	04:21 PM	0.9	27		Sa	03:37 PM	0.0	0		M	05:03 PM	1.1	34		Tu	05:11 PM	0.0	0	
	10:25 PM	7.3	223			09:22 PM	8.2	250			10:26 PM	7.5	229			09:47 PM	8.9	271			11:02 PM	7.7	235			11:19 PM	8.9	271	
<b>10</b>	04:42 AM	0.3	9		<b>25</b>	03:53 AM	-0.4	-12		<b>10</b>	04:54 AM	0.3	9		<b>25</b>	04:24 AM	-0.8	-24		<b>10</b>	05:43 AM	0.3	9		<b>25</b>	05:57 AM	-0.8	-24	
	10:48 AM	7.1	216			09:54 AM	7.8	238			10:56 AM	6.9	210			10:25 AM	7.8	238			11:39 AM	6.7	204			11:59 AM	7.8	238	
Th	04:58 PM	0.4	12		F	04:07 PM	-0.2	-6		Sa	05:00 PM	0.8	24		Su	04:32 PM	-0.2	-6		Tu	05:43 PM	1.1	34		W	06:07 PM	-0.1	-3	
	11:03 PM	7.5	229			10:14 PM	8.8	268			11:00 PM	7.7	235			10:41 PM	9.2	280			11:40 PM	7.8	238		●				
<b>11</b>	05:24 AM	0.1	3		<b>26</b>	04:46 AM	-0.9	-27		<b>11</b>	05:33 AM	0.1	3		<b>26</b>	05:18 AM	-1.1	-34		<b>11</b>	06:23 AM	0.2	6		<b>26</b>	12:13 AM	8.8	268	
	11:26 AM	7.1	216			10:47 AM	8.1	247			11:32 AM	6.9	210			11:19 AM	8.0	244			12:17 PM	6.8	207			06:49 AM	-0.8	-24	
F	05:35 PM	0.4	12		Sa	04:57 PM	-0.5	-15		Su	05:36 PM	0.8	24		M	05:26 PM	-0.3	-9		W	06:22 PM	1.0	30		Th	12:53 PM	7.8	238	
	11:37 PM	7.6	232			11:04 PM	9.2	280			11:34 PM	7.8	238			11:34 PM	9.3	283		○					07:02 PM	0.0	0		
<b>12</b>	06:02 AM	0.0	0		<b>27</b>	05:37 AM	-1.3	-40		<b>12</b>	06:10 AM	0.1	3		<b>27</b>	06:11 AM	-1.2	-37		<b>12</b>	12:20 AM	7.8	238		<b>27</b>	01:06 AM	8.6	262	
	12:02 PM	7.2	219			11:38 AM	8.2	250			12:07 PM	6.9	210			12:12 PM	8.0	244			07:01 AM	0.2	6			07:39 AM	-0.7	-21	
Sa	06:11 PM	0.4	12		Su	05:47 PM	-0.7	-21		M	06:12 PM	0.9	27		Tu	06:20 PM	-0.3	-9											



StationId: 8469198  
 Source: NOAA/NOS/CO-OPS  
 Station Type: Primary  
 Time Zone: LST\_LDT  
 Datum: MLLW

NOAA Tide Predictions

**Stamford Harbor, CT, 2025**  
 (41 02.3N / 73 32.8W)

Times and Heights of High and Low Waters

July				August				September			
Time	Height	Time	Height	Time	Height	Time	Height	Time	Height	Time	Height
h m	ft cm	h m	ft cm	h m	ft cm	h m	ft cm	h m	ft cm	h m	ft cm
<b>1</b> 04:30 AM	7.0 213	<b>16</b> 03:46 AM	7.5 229	<b>1</b> 05:22 AM	6.3 192	<b>16</b> 05:19 AM	7.0 213	<b>1</b> 12:39 AM	1.5 46	<b>16</b> 01:27 AM	0.6 18
10:53 AM	0.6 18	10:03 AM	0.2 6	11:39 AM	1.5 46	11:33 AM	0.6 18	06:22 AM	5.9 180	07:31 AM	6.8 207
Tu 05:02 PM	7.3 223	W 04:14 PM	8.1 247	F 05:42 PM	7.0 213	Sa 05:45 PM	8.1 247	M 12:40 PM	1.9 58	Tu 01:47 PM	1.0 30
11:31 PM	0.9 27	10:45 PM	0.3 9	●		●		06:42 PM	6.8 207	07:57 PM	7.5 229
<b>2</b> 05:22 AM	6.6 201	<b>17</b> 04:40 AM	7.3 223	<b>2</b> 12:30 AM	1.3 40	<b>17</b> 12:31 AM	0.4 12	<b>2</b> 01:40 AM	1.4 43	<b>17</b> 02:31 AM	0.5 15
11:43 AM	1.0 30	10:55 AM	0.4 12	06:13 AM	6.0 183	06:24 AM	6.8 207	07:25 AM	6.0 183	08:40 AM	7.0 213
W 05:50 PM	7.2 219	Th 05:07 PM	8.2 250	Sa 12:29 PM	1.7 52	Su 12:40 PM	0.8 24	Tu 01:43 PM	1.8 55	W 02:53 PM	0.8 24
●		11:45 PM	0.3 9	06:32 PM	6.9 210	06:51 PM	7.9 241	07:44 PM	6.9 210	09:03 PM	7.5 229
<b>3</b> 12:25 AM	1.1 34	<b>18</b> 05:37 AM	7.0 213	<b>3</b> 01:26 AM	1.3 40	<b>18</b> 01:39 AM	0.4 12	<b>3</b> 02:36 AM	1.2 37	<b>18</b> 03:28 AM	0.4 12
06:15 AM	6.3 192	11:51 AM	0.5 15	07:10 AM	5.9 180	07:36 AM	6.7 204	08:28 AM	6.2 189	09:38 AM	7.3 213
Th 12:32 PM	1.3 40	F 06:04 PM	8.2 250	Su 01:24 PM	1.7 52	M 01:50 PM	0.9 27	W 02:43 PM	1.5 46	Th 03:50 PM	0.5 15
06:37 PM	7.1 216	●		07:27 PM	6.9 210	08:02 PM	7.8 238	08:44 PM	7.1 216	09:59 PM	7.7 235
<b>4</b> 01:19 AM	1.1 34	<b>19</b> 12:47 AM	0.3 9	<b>4</b> 02:22 AM	1.2 37	<b>19</b> 02:45 AM	0.3 9	<b>4</b> 03:26 AM	0.9 27	<b>19</b> 04:19 AM	0.2 6
08:05 AM	6.1 186	06:39 AM	6.9 210	08:11 AM	5.9 180	08:48 AM	6.9 210	09:23 AM	6.7 204	10:28 AM	7.6 232
F 01:22 PM	1.4 43	Sa 12:53 PM	0.6 18	M 02:20 PM	1.7 52	Tu 02:58 PM	0.8 24	Th 03:36 PM	1.1 34	F 04:41 PM	0.3 9
07:27 PM	7.0 213	07:05 PM	8.2 250	08:24 PM	7.0 213	09:10 PM	7.9 241	09:37 PM	7.5 229	10:48 PM	7.7 235
<b>5</b> 02:11 AM	1.1 34	<b>20</b> 01:52 AM	0.2 6	<b>5</b> 03:15 AM	1.1 34	<b>20</b> 03:44 AM	0.1 3	<b>5</b> 04:11 AM	0.5 15	<b>20</b> 05:04 AM	0.1 3
08:15 AM	6.3 192	07:46 AM	6.8 207	09:08 AM	6.1 186	09:51 AM	7.1 216	10:09 AM	7.2 219	11:10 AM	7.8 238
Sa 02:12 PM	1.5 46	Su 01:58 PM	0.6 18	Tu 03:14 PM	1.5 46	W 03:59 PM	0.5 15	F 04:25 PM	0.6 18	Sa 05:27 PM	0.1 3
08:17 PM	7.1 216	08:10 PM	8.2 250	09:18 PM	7.3 223	10:09 PM	8.0 244	10:26 PM	7.8 238	11:31 PM	7.8 238
<b>6</b> 03:02 AM	1.0 30	<b>21</b> 02:56 AM	0.0 0	<b>6</b> 04:02 AM	0.8 24	<b>21</b> 04:38 AM	0.0 0	<b>6</b> 04:53 AM	0.2 6	<b>21</b> 05:45 AM	0.1 3
08:30 AM	6.1 186	08:54 AM	7.0 213	09:58 AM	6.4 195	10:44 AM	7.5 229	10:53 AM	7.8 238	11:49 AM	8.0 244
Su 03:01 PM	1.5 46	M 03:03 PM	0.5 15	W 04:04 PM	1.3 40	Th 04:54 PM	0.3 9	Sa 05:12 PM	0.1 3	Su 06:09 PM	0.0 0
09:05 PM	7.2 219	09:15 PM	8.3 253	10:06 PM	7.5 229	11:01 PM	8.1 247	11:11 PM	8.1 247	●	
<b>7</b> 03:49 AM	0.8 24	<b>22</b> 03:55 AM	-0.2 -6	<b>7</b> 04:46 AM	0.5 15	<b>22</b> 05:26 AM	-0.2 -6	<b>7</b> 05:34 AM	-0.2 -6	<b>22</b> 12:10 AM	7.7 235
09:46 AM	6.2 189	09:57 AM	7.2 219	10:43 AM	6.8 207	11:32 AM	7.7 235	11:35 AM	8.3 253	06:24 AM	0.2 6
M 03:47 PM	1.4 43	Tu 04:04 PM	0.4 12	Th 04:51 PM	0.9 27	F 05:44 PM	0.1 3	Su 05:58 PM	-0.3 -9	M 12:25 PM	8.0 244
09:51 PM	7.4 226	10:15 PM	8.4 256	10:52 PM	7.8 238	11:49 PM	8.1 247	11:57 PM	8.3 253	06:49 PM	0.0 0
<b>8</b> 04:34 AM	0.6 18	<b>23</b> 04:51 AM	-0.4 -12	<b>8</b> 05:28 AM	0.2 6	<b>23</b> 06:11 AM	-0.2 -6	<b>8</b> 06:16 AM	-0.4 -12	<b>23</b> 12:47 AM	7.6 232
10:30 AM	6.4 195	10:55 AM	7.4 226	11:25 AM	7.2 219	12:16 PM	7.9 241	12:18 PM	8.7 265	07:00 AM	0.3 9
Tu 04:32 PM	1.2 37	W 05:02 PM	0.2 6	F 05:37 PM	0.6 18	Sa 06:31 PM	0.0 0	M 06:43 PM	-0.7 -21	Tu 12:58 PM	8.0 244
10:34 PM	7.6 232	11:10 PM	8.5 259	11:36 PM	8.0 244	●				07:26 PM	0.1 3
<b>9</b> 05:16 AM	0.4 12	<b>24</b> 05:43 AM	-0.5 -15	<b>9</b> 06:08 AM	-0.1 -3	<b>24</b> 12:33 AM	8.0 244	<b>9</b> 12:42 AM	8.4 256	<b>24</b> 01:22 AM	7.4 226
11:12 AM	6.7 204	11:47 AM	7.7 235	12:06 PM	7.7 235	06:53 AM	-0.2 -6	06:58 AM	-0.5 -15	07:34 AM	0.6 18
W 05:16 PM	1.1 34	Th 05:57 PM	0.1 3	Sa 06:22 PM	0.2 6	Su 12:56 PM	8.0 244	Tu 01:02 PM	9.0 274	W 01:31 PM	7.9 241
11:16 PM	7.8 238	●		●		07:15 PM	0.0 0	07:30 PM	-0.8 -24	08:02 PM	0.2 6
<b>10</b> 05:57 AM	0.2 6	<b>25</b> 12:02 AM	8.5 259	<b>10</b> 12:20 AM	8.2 250	<b>25</b> 01:14 AM	7.9 241	<b>10</b> 01:29 AM	8.4 256	<b>25</b> 01:56 AM	7.2 219
11:53 AM	6.9 210	06:32 AM	-0.5 -15	06:47 AM	-0.2 -6	07:32 AM	0.0 0	07:42 AM	-0.5 -15	08:07 AM	0.8 24
Th 06:00 PM	0.9 27	F 12:37 PM	7.8 238	Su 12:47 PM	8.1 247	M 01:34 PM	8.0 244	W 01:48 PM	9.1 277	Th 02:06 PM	7.7 235
11:58 PM	7.9 241	06:49 PM	0.0 0	07:06 PM	0.0 0	07:56 PM	0.1 3	08:18 PM	-0.8 -24	08:39 PM	0.5 15
<b>11</b> 06:37 AM	0.1 3	<b>26</b> 12:51 AM	8.3 253	<b>11</b> 01:04 AM	8.2 250	<b>26</b> 01:52 AM	7.6 232	<b>11</b> 02:17 AM	8.1 247	<b>26</b> 02:32 AM	6.9 210
12:33 PM	7.2 219	07:19 AM	-0.5 -15	07:27 AM	-0.3 -9	08:09 AM	0.3 9	08:28 AM	-0.3 -9	08:42 AM	1.1 34
F 06:43 PM	0.7 21	Sa 01:24 PM	7.9 241	M 01:30 PM	8.4 256	Tu 02:10 PM	7.9 241	Th 02:37 PM	9.0 274	F 02:43 PM	7.5 229
		07:37 PM	0.1 3	07:51 PM	-0.2 -6	08:35 PM	0.3 9	09:09 PM	-0.5 -15	09:18 PM	0.8 24
<b>12</b> 12:40 AM	8.0 244	<b>27</b> 01:38 AM	8.1 247	<b>12</b> 01:49 AM	8.2 250	<b>27</b> 02:30 AM	7.3 223	<b>12</b> 03:08 AM	7.8 238	<b>27</b> 03:12 AM	6.6 201
07:16 AM	0.0 0	08:02 AM	-0.3 -9	08:08 AM	-0.3 -9	08:45 AM	0.6 18	09:19 AM	0.1 3	09:20 AM	1.4 43
Sa 01:14 PM	7.4 226	Su 02:08 PM	7.9 241	Tu 02:14 PM	8.6 262	W 02:46 PM	7.7 235	F 03:29 PM	8.7 265	Sa 03:24 PM	7.2 219
07:26 PM	0.6 18	08:24 PM	0.2 6	08:38 PM	-0.3 -9	09:16 PM	0.6 18	10:05 PM	-0.2 -6	10:02 PM	1.1 34
<b>13</b> 01:24 AM	8.0 244	<b>28</b> 02:22 AM	7.8 238	<b>13</b> 02:36 AM	8.0 244	<b>28</b> 03:08 AM	7.0 213	<b>13</b> 04:03 AM	7.4 226	<b>28</b> 03:56 AM	6.3 192
07:54 AM	-0.1 -3	08:44 AM	0.0 0	08:51 AM	-0.2 -6	09:22 AM	1.0 30	10:16 AM	0.4 12	10:05 AM	1.7 52
Su 01:56 PM	7.7 235	M 02:49 PM	7.8 238	W 03:00 PM	8.6 262	Th 03:24 PM	7.5 229	Sa 04:27 PM	8.3 253	Su 04:11 PM	7.0 213
08:11 PM	0.4 12	09:10 PM	0.4 12	09:28 PM	-0.2 -6	09:58 PM	0.9 27	11:08 PM	0.2 6	10:54 PM	1.4 43
<b>14</b> 02:09 AM	7.9 241	<b>29</b> 03:05 AM	7.4 226	<b>14</b> 03:26 AM	7.7 235	<b>29</b> 03:49 AM	6.6 201	<b>14</b> 05:06 AM	7.0 213	<b>29</b> 04:46 AM	6.1 186
08:34 AM	0.0 0	09:25 AM	0.4 12	09:39 AM	0.1 3	10:02 AM	1.3 40	11:22 AM	0.8 24	10:59 AM	1.9 58
M 02:39 PM	7.9 241	Tu 03:30 PM	7.6 232	Th 03:50 PM	8.5 259	F 04:06 PM	7.2 219	Su 05:31 PM	7.9 241	M 05:04 PM	6.8 207
08:58 PM	0.3 9	09:57 PM	0.7 21	10:24 PM	0.0 0	10:46 PM	1.2 37	●		11:53 PM	1.5 46
<b>15</b> 02:56 AM	7.7 235	<b>30</b> 03:49 AM	7.0 213	<b>15</b> 04:20 AM	7.4 226	<b>30</b> 04:34 AM	6.3 192	<b>15</b> 12:17 AM	0.5 15	<b>30</b> 05:43 AM	6.0 183
09:16 AM	0.1 3	10:07 AM	0.8 24	10:33 AM	0.4 12	10:47 AM	1.6 49	06:16 AM	6.8 207	12:01 PM	1.9 58
Tu 03:25 PM	8.0 244	W 04:12 PM	7.4 226	F 04:45 PM	8.3 253	Sa 04:52 PM	7.0 213	M 12:34 PM	1.0 30	Tu 06:03 PM	6.7 204
09:49 PM	0.3 9	10:45 PM	0.9 27	11:25 PM	0.2 6	11:40 PM	1.4 43	06:43 PM	7.6 232		
		<b>31</b> 04:34 AM	6.6 201			<b>31</b> 05:25 AM	6.0 183				
		10:51 AM	1.2 37			11:40 AM	1.8 55				
		Th 04:55 PM	7.2 219			Su 05:44 PM	6.8 207				
		11:36 PM	1.1 34			●					

Disclaimer: These data are based upon the latest information available as of the date of your request, and may differ from the published tide tables.



**Stamford Harbor, CT, 2025**  
 (41 02.3N / 73 32.8W)

Times and Heights of High and Low Waters

October					November					December																			
Time	Height				Time	Height				Time	Height				Time	Height													
	h	m	ft	cm		h	m	ft	cm		h	m	ft	cm		h	m	ft	cm										
<b>1</b>	12:54 AM	1.4	43		<b>16</b>	02:10 AM	0.6	18		<b>1</b>	01:58 AM	0.8	24		<b>16</b>	02:20 AM	0.7	21		<b>1</b>	01:11 AM	0.3	9		<b>16</b>	02:28 AM	1.0	30	
	06:45 AM	6.2	189			08:22 AM	7.1	216			08:02 AM	7.4	226			08:30 AM	7.4	226			07:22 AM	8.1	247			08:35 AM	7.1	216	
W	01:08 PM	1.8	55		Th	02:39 PM	0.7	21		Sa	02:36 PM	0.5	15		Su	02:55 PM	0.3	9		M	02:02 PM	-0.4	-12		Tu	03:09 PM	0.3	9	
	07:05 PM	6.8	207			08:47 PM	7.1	216			08:32 PM	7.1	216			09:00 PM	6.7	204			07:59 PM	7.1	216			09:12 PM	6.2	189	
<b>2</b>	01:52 AM	1.2	37		<b>17</b>	03:04 AM	0.5	15		<b>2</b>	01:50 AM	0.4	12		<b>17</b>	03:04 AM	0.7	21		<b>2</b>	02:07 AM	0.0	0		<b>17</b>	03:11 AM	0.9	27	
	07:46 AM	6.5	198			09:17 AM	7.4	226			07:56 AM	8.0	244			09:10 AM	7.5	229			08:17 AM	8.6	262			09:15 AM	7.2	219	
Th	02:11 PM	1.4	43		F	03:34 PM	0.5	15		Su	02:29 PM	-0.1	-3		M	03:38 PM	0.1	3		Tu	02:56 PM	-0.8	-24		W	03:51 PM	0.1	3	
	08:08 PM	7.0	213			09:41 PM	7.2	219			08:28 PM	7.5	229			09:41 PM	6.8	207			08:55 PM	7.4	226			09:52 PM	6.3	192	
<b>3</b>	02:44 AM	0.9	27		<b>18</b>	03:53 AM	0.5	15		<b>3</b>	02:40 AM	0.0	0		<b>18</b>	03:44 AM	0.7	21		<b>3</b>	03:02 AM	-0.3	-9		<b>18</b>	03:53 AM	0.9	27	
	08:43 AM	7.0	213			10:03 AM	7.6	232			08:46 AM	8.6	262			09:47 AM	7.6	232			09:12 AM	8.9	271			10:33 AM	7.3	223	
F	03:07 PM	0.8	24		Sa	04:21 PM	0.2	6		M	03:19 PM	-0.7	-21		Tu	04:18 PM	0.0	0		W	03:49 PM	-1.2	-37		Th	04:32 PM	0.0	0	
	09:06 PM	7.4	226			10:27 PM	7.3	223			09:19 PM	7.8	238			10:19 PM	6.8	207			09:49 PM	7.6	232			10:30 PM	6.4	195	
<b>4</b>	03:31 AM	0.5	15		<b>19</b>	04:36 AM	0.4	12		<b>4</b>	03:28 AM	-0.3	-9		<b>19</b>	04:22 AM	0.7	21		<b>4</b>	03:56 AM	-0.5	-15		<b>19</b>	04:33 AM	0.8	24	
	09:36 AM	6.7	235			10:43 AM	7.8	238			10:25 AM	9.1	277			10:21 AM	7.7	235			10:05 AM	9.1	277			10:31 AM	7.4	226	
Sa	03:57 PM	0.2	6		Su	05:04 PM	0.1	3		Tu	04:09 PM	-1.1	-34		W	04:56 PM	0.0	0		Th	04:42 PM	-1.4	-43		F	05:12 PM	-0.1	-3	
	09:57 PM	7.8	238			11:08 PM	7.3	223			10:09 PM	8.1	247			10:54 PM	6.8	207			10:43 PM	7.8	238			11:08 PM	6.5	198	
<b>5</b>	04:16 AM	0.1	3		<b>20</b>	05:15 AM	0.5	15		<b>5</b>	04:18 AM	-0.5	-15		<b>20</b>	04:58 AM	0.8	24		<b>5</b>	04:51 AM	-0.6	-18		<b>20</b>	05:12 AM	0.7	21	
	10:19 AM	8.3	253			11:18 AM	7.9	241			10:25 AM	9.4	287			10:55 AM	7.7	235			10:58 AM	9.1	277			11:08 AM	7.4	226	
Su	04:45 PM	-0.4	-12		M	05:44 PM	0.0	0		W	04:59 PM	-1.4	-43		Th	05:33 PM	0.0	0		F	05:35 PM	-1.4	-43		Sa	05:50 PM	-0.1	-3	
	10:45 PM	8.1	247			11:45 PM	7.3	223			11:00 PM	8.2	250			11:29 PM	6.8	207			11:37 PM	7.9	241			11:45 PM	6.6	201	
<b>6</b>	05:00 AM	-0.2	-6		<b>21</b>	05:52 AM	0.5	15		<b>6</b>	05:08 AM	-0.6	-18		<b>21</b>	05:34 AM	0.8	24		<b>6</b>	05:46 AM	-0.6	-18		<b>21</b>	05:51 AM	0.7	21	
	11:04 AM	8.9	271			11:52 AM	7.9	241			11:15 AM	9.4	287			11:30 AM	7.6	232			11:52 AM	8.9	271			11:47 AM	7.4	226	
M	05:33 PM	-0.8	-24		Tu	06:22 PM	-0.1	-3		Th	05:50 PM	-1.4	-43		F	06:10 PM	0.1	3		Sa	06:28 PM	-1.3	-40		Su	06:26 PM	-0.1	-3	
	11:33 PM	8.3	253			06:22 PM	-0.1	-3			11:51 PM	8.2	250			06:10 PM	0.1	3			06:28 PM	-1.3	-40			06:26 PM	-0.1	-3	
<b>7</b>	05:45 AM	-0.5	-15		<b>22</b>	12:20 AM	7.2	219		<b>7</b>	06:00 AM	-0.6	-18		<b>22</b>	12:04 AM	6.7	204		<b>7</b>	12:31 AM	7.8	238		<b>22</b>	12:22 AM	6.7	204	
	11:50 AM	9.2	280			06:28 AM	0.6	18			12:06 PM	9.3	283			06:11 AM	0.9	27			06:42 AM	-0.5	-15			06:30 AM	0.7	21	
Tu	06:20 PM	-1.1	-34		W	12:24 PM	7.9	241		F	06:42 PM	-1.2	-37		Sa	12:07 PM	7.5	229		Su	12:46 PM	8.6	262		M	12:27 PM	7.4	226	
	06:20 PM	-1.1	-34			06:58 PM	0.0	0			06:47 PM	0.2	6			06:47 PM	0.2	6			07:20 PM	-1.1	-34			07:02 PM	-0.1	-3	
<b>8</b>	12:20 AM	8.4	256		<b>23</b>	12:53 AM	7.1	216		<b>8</b>	12:43 AM	8.0	244		<b>23</b>	12:41 AM	6.6	201		<b>8</b>	01:26 AM	7.7	235		<b>23</b>	01:01 AM	6.8	207	
	06:31 AM	-0.6	-18			07:02 AM	0.8	24			06:54 AM	-0.4	-12			06:48 AM	1.0	30			07:38 AM	-0.2	-6			07:11 AM	0.7	21	
W	12:37 PM	9.4	287		Th	12:57 PM	7.8	238		Sa	01:00 PM	8.9	271		Su	12:46 PM	7.4	226		M	01:41 PM	8.1	247		Tu	01:08 PM	7.2	219	
	07:09 PM	-1.2	-37			07:33 PM	0.2	6			07:36 PM	-0.9	-27			07:24 PM	0.3	9			08:14 PM	0.7	-21			07:39 PM	0.0	0	
<b>9</b>	01:09 AM	8.4	256		<b>24</b>	01:27 AM	7.0	213		<b>9</b>	01:39 AM	7.8	238		<b>24</b>	01:21 AM	6.6	201		<b>9</b>	02:22 AM	7.5	229		<b>24</b>	01:41 AM	6.9	210	
	07:19 AM	-0.5	-15			07:35 AM	0.9	27			07:50 AM	0.0	0			07:28 AM	1.1	34			08:38 AM	0.1	3			07:54 AM	0.7	21	
Th	01:25 PM	9.4	287		F	01:33 PM	7.7	235		Su	01:56 PM	8.4	256		M	01:28 PM	7.2	219		Tu	02:39 PM	7.6	232		W	01:52 PM	7.1	216	
	07:58 PM	-1.1	-34			08:09 PM	0.4	12			08:33 PM	-0.5	-15			08:03 PM	0.5	15			09:09 PM	-0.3	-9			08:18 PM	0.1	3	
<b>10</b>	01:59 AM	8.2	250		<b>25</b>	02:03 AM	6.8	207		<b>10</b>	02:38 AM	7.5	229		<b>25</b>	02:04 AM	6.5	198		<b>10</b>	03:20 AM	7.3	223		<b>25</b>	02:25 AM	7.0	213	
	08:09 AM	-0.3	-9			08:11 AM	1.2	37			08:53 AM	0.3	9			08:12 AM	1.2	37			09:40 AM	0.3	9			08:42 AM	0.6	18	
F	02:16 PM	9.1	277		Sa	02:11 PM	7.5	229		M	02:57 PM	7.8	238		Tu	02:13 PM	7.0	213		W	03:39 PM	7.1	216		Th	02:39 PM	6.9	210	
	08:51 PM	-0.7	-21			08:47 PM	0.6	18			09:34 PM	-0.1	-3			08:46 PM	0.6	18			10:06 PM	0.1	3			09:31 PM	0.2	6	
<b>11</b>	02:52 AM	7.8	238		<b>26</b>	02:43 AM	6.6	201		<b>11</b>	03:43 AM	7.2	219		<b>26</b>	02:50 AM	6.5	198		<b>11</b>	04:18 AM	7.2	219		<b>26</b>	03:11 AM	7.2	219	
	09:03 AM	0.1	3			08:49 AM	1.4	43			10:01 AM	0.6	18			09:03 AM	1.3	40			10:43 AM	0.5	15			09:35 AM	0.5	15	
Sa	03:11 PM	8.6	262		Su	02:52 PM	7.2	219		Tu	04:03 PM	7.3	223		W	03:03 PM	6.8	207		Th	04:40 PM	6.7	204		F	03:31 PM	6.7	204	
	09:49 PM	-0.3	-9			09:29 PM	0.9	27			10:38 PM	0.3	9			09:34 PM	0.7	21			11:03 PM	6.4	12			09:49 PM	0.3	9	
<b>12</b>	03:50 AM	7.4	226		<b>27</b>	03:27 AM	6.4	195		<b>12</b>	04:49 AM	7.1	216		<b>27</b>	03:41 AM	6.7	204		<b>12</b>	05:15 AM	7.0	213		<b>27</b>	04:01 AM	7.3	223	
	10:04 AM	0.5	15			09:34 AM	1.6	49			11:11 AM	0.8	24			10:02 AM	1.2	37			11:44 AM	0.6	18			10:33 AM	0.4	12	
Su	04:12 PM	8.1	247		M																								