

Stamford, Conn. Datum = NGVD
 Tide Predictions (High and Low Waters)
 NOAA National Ocean Service

Jan. 2009

Eastern Standard Time

Day	Time	Ht.	Time	Ht.	Time	Ht.	Time	Ht.
1 Th	0151 H	3.6	0804 L	-2.9	1404 H	3.6	2023 L	-3.2
2 F	0234 H	3.7	0850 L	-2.9	1450 H	3.4	2106 L	-3.1
3 Sa	0320 H	3.8	0942 L	-2.9	1541 H	3.1	2154 L	-3.0
4 Su	0412 H	3.9	1041 L	-2.9	1638 H	3.0	2249 L	-3.0
5 M	0509 H	4.0	1145 L	-3.1	1740 H	2.9	2350 L	-3.0
6 Tu	0610 H	4.3	1251 L	-3.3	1846 H	3.0		
7 W	0055 L	-3.1	0713 H	4.5	1356 L	-3.7	1952 H	3.2
8 Th	0200 L	-3.4	0815 H	4.9	1456 L	-4.2	2055 H	3.6
9 F	0302 L	-3.7	0914 H	5.2	1551 L	-4.6	2153 H	4.1
10 Sa	0401 L	-4.1	1010 H	5.4	1644 L	-4.9	2247 H	4.5
11 Su	0456 L	-4.4	1104 H	5.5	1734 L	-5.1	2338 H	4.8
12 M	0550 L	-4.5	1156 H	5.5	1823 L	-5.1		
13 Tu	0029 H	4.9	0642 L	-4.5	1246 H	5.2	1911 L	-4.9
14 W	0118 H	4.9	0735 L	-4.4	1336 H	4.8	1959 L	-4.6
15 Th	0207 H	4.8	0828 L	-4.1	1427 H	4.3	2048 L	-4.2
16 F	0258 H	4.5	0923 L	-3.7	1520 H	3.7	2139 L	-3.7
17 Sa	0350 H	4.1	1021 L	-3.3	1615 H	3.2	2233 L	-3.2
18 Su	0446 H	3.8	1122 L	-3.0	1716 H	2.7	2331 L	-2.8
19 M	0545 H	3.6	1224 L	-2.9	1820 H	2.4		
20 Tu	0032 L	-2.5	0645 H	3.4	1325 L	-2.9	1924 H	2.3
21 W	0131 L	-2.4	0742 H	3.4	1421 L	-3.0	2022 H	2.4
22 Th	0226 L	-2.5	0834 H	3.5	1510 L	-3.1	2112 H	2.6
23 F	0315 L	-2.6	0920 H	3.7	1554 L	-3.3	2155 H	2.8
24 Sa	0359 L	-2.8	1001 H	3.8	1634 L	-3.5	2233 H	3.0
25 Su	0438 L	-2.9	1038 H	3.9	1709 L	-3.6	2307 H	3.3
26 M	0514 L	-3.1	1113 H	4.0	1742 L	-3.7	2339 H	3.5
27 Tu	0548 L	-3.2	1147 H	4.0	1812 L	-3.7		
28 W	0011 H	3.7	0623 L	-3.3	1222 H	4.0	1842 L	-3.7
29 Th	0045 H	3.9	0659 L	-3.4	1259 H	3.9	1915 L	-3.7
30 F	0122 H	4.1	0738 L	-3.4	1338 H	3.8	1951 L	-3.6
31 Sa	0203 H	4.2	0822 L	-3.4	1422 H	3.5	2033 L	-3.4

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Feb. 2009

Eastern Standard Time

Day	Time	Ht.	Time	Ht.	Time	Ht.	Time	Ht.
1 Su	0248 H	4.2	0912 L	-3.3	1512 H	3.2	2121 L	-3.3
2 M	0340 H	4.2	1010 L	-3.2	1608 H	3.0	2217 L	-3.1
3 Tu	0438 H	4.1	1116 L	-3.2	1713 H	2.8	2323 L	-3.0
4 W	0544 H	4.2	1228 L	-3.3	1824 H	2.9		
5 Th	0036 L	-3.0	0653 H	4.3	1338 L	-3.6	1937 H	3.2
6 F	0148 L	-3.3	0802 H	4.6	1441 L	-4.0	2042 H	3.6
7 Sa	0254 L	-3.7	0904 H	4.9	1537 L	-4.5	2141 H	4.2
8 Su	0353 L	-4.2	1001 H	5.1	1629 L	-4.8	2233 H	4.6
9 M	0447 L	-4.5	1053 H	5.3	1717 L	-5.0	2322 H	5.0
10 Tu	0537 L	-4.7	1141 H	5.2	1802 L	-5.0		
11 W	0008 H	5.1	0625 L	-4.7	1228 H	5.0	1847 L	-4.8
12 Th	0053 H	5.1	0713 L	-4.5	1313 H	4.6	1930 L	-4.4
13 F	0137 H	4.9	0800 L	-4.1	1358 H	4.1	2014 L	-3.9
14 Sa	0222 H	4.5	0849 L	-3.7	1444 H	3.6	2100 L	-3.4
15 Su	0309 H	4.1	0941 L	-3.2	1534 H	3.0	2149 L	-2.9
16 M	0359 H	3.7	1039 L	-2.8	1630 H	2.5	2246 L	-2.5
17 Tu	0456 H	3.3	1142 L	-2.6	1734 H	2.2	2350 L	-2.2
18 W	0600 H	3.1	1246 L	-2.5	1843 H	2.2		
19 Th	0055 L	-2.1	0704 H	3.1	1346 L	-2.6	1947 H	2.3
20 F	0156 L	-2.2	0802 H	3.2	1438 L	-2.8	2040 H	2.6
21 Sa	0248 L	-2.5	0852 H	3.4	1524 L	-3.1	2124 H	2.9
22 Su	0333 L	-2.8	0935 H	3.7	1603 L	-3.3	2202 H	3.3
23 M	0413 L	-3.1	1013 H	3.9	1638 L	-3.5	2236 H	3.6
24 Tu	0449 L	-3.3	1048 H	4.1	1710 L	-3.6	2308 H	4.0
25 W	0524 L	-3.6	1123 H	4.2	1741 L	-3.7	2341 H	4.3
26 Th	0559 L	-3.7	1158 H	4.2	1812 L	-3.8		
27 F	0016 H	4.5	0635 L	-3.8	1235 H	4.1	1846 L	-3.7
28 Sa	0054 H	4.7	0715 L	-3.8	1315 H	4.0	1924 L	-3.7

Stamford, Conn.

Datum = NGVD

Tide Predictions (High and Low Waters)

Mar. 2009

NOAA National Ocean Service

EST/EDT Daylight Savings in effect from March 8 to November 1

Day	Time	Ht.	Time	Ht.	Time	Ht.	Time	Ht.
1 Su	0136 H	4.7	0759 L	-3.7	1400 H	3.7	2007 L	-3.5
2 M	0223 H	4.6	0850 L	-3.5	1451 H	3.5	2058 L	-3.2
3 Tu	0316 H	4.4	0948 L	-3.3	1549 H	3.2	2158 L	-3.0
4 W	0417 H	4.2	1057 L	-3.2	1657 H	3.0	2310 L	-2.8
5 Th	0527 H	4.1	1212 L	-3.2	1812 H	3.1		
6 F	0028 L	-2.9	0642 H	4.1	1323 L	-3.4	1926 H	3.5
7 Sa	0142 L	-3.2	0752 H	4.4	1425 L	-3.8	2030 H	4.0
8 Su	0346 L	-3.7	0954 H	4.7	1620 L	-4.2	2226 H	4.5
9 M	0443 L	-4.2	1049 H	4.9	1710 L	-4.4	2316 H	4.9
10 Tu	0533 L	-4.5	1138 H	5.0	1756 L	-4.5		
11 W	0001 H	5.2	0621 L	-4.6	1224 H	5.0	1839 L	-4.5
12 Th	0044 H	5.3	0705 L	-4.5	1307 H	4.7	1920 L	-4.3
13 F	0125 H	5.2	0749 L	-4.3	1348 H	4.4	2000 L	-3.9
14 Sa	0205 H	4.9	0831 L	-3.9	1429 H	4.0	2040 L	-3.5
15 Su	0246 H	4.5	0915 L	-3.5	1511 H	3.5	2122 L	-3.0
16 M	0328 H	4.1	1002 L	-3.0	1556 H	3.0	2208 L	-2.5
17 Tu	0415 H	3.6	1055 L	-2.6	1648 H	2.7	2302 L	-2.1
18 W	0509 H	3.3	1155 L	-2.3	1749 H	2.4		
19 Th	0006 L	-1.8	0611 H	3.0	1300 L	-2.2	1857 H	2.4
20 F	0116 L	-1.8	0718 H	3.0	1402 L	-2.3	2002 H	2.5
21 Sa	0219 L	-2.0	0821 H	3.1	1456 L	-2.5	2057 H	2.9
22 Su	0313 L	-2.3	0914 H	3.4	1543 L	-2.7	2143 H	3.3
23 M	0400 L	-2.7	1000 H	3.7	1623 L	-3.0	2222 H	3.7
24 Tu	0441 L	-3.1	1040 H	3.9	1659 L	-3.2	2258 H	4.1
25 W	0519 L	-3.5	1118 H	4.1	1733 L	-3.4	2334 H	4.5
26 Th	0556 L	-3.8	1155 H	4.3	1806 L	-3.6		
27 F	0010 H	4.9	0633 L	-4.0	1233 H	4.4	1842 L	-3.7
28 Sa	0048 H	5.1	0713 L	-4.1	1313 H	4.3	1920 L	-3.7
29 Su	0129 H	5.2	0755 L	-4.0	1356 H	4.2	2002 L	-3.5
30 M	0214 H	5.2	0842 L	-3.9	1444 H	4.0	2010 L	-3.3
31 Tu	0304 H	5.0	0935 L	-3.6	1538 H	3.8	2146 L	-3.1

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Tide Predictions (High and Low Waters)
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Apr. 2009

Eastern Daylight Savings Time

Day	Time	Ht.	Time	Ht.	Time	Ht.	Time	Ht.
1 W	0400 H	4.7	1036 L	-3.4	1639 H	3.6	2251 L	-2.8
2 Th	0504 H	4.4	1144 L	-3.2	1748 H	3.5	0007 L	-2.7
3 F	0617 H	4.1	1257 L	-3.1	1903 H	3.6		
4 Sa	0124 L	-2.9	0732 H	4.1	1405 L	-3.3	2012 H	4.0
5 Su	0234 L	-3.2	0841 H	4.3	1505 L	-3.5	2113 H	4.4
6 M	0335 L	-3.6	0940 H	4.5	1559 L	-3.8	2206 H	4.9
7 Tu	0428 L	-4.0	1033 H	4.6	1647 L	-3.9	2254 H	5.1
8 W	0517 L	-4.2	1120 H	4.7	1732 L	-3.9	2338 H	5.3
9 Th	0602 L	-4.3	1204 H	4.6	1813 L	-3.8		
10 F	0018 H	5.3	0644 L	-4.1	1244 H	4.4	1853 L	-3.6
11 Sa	0057 H	5.1	0725 L	-3.9	1323 H	4.1	1931 L	-3.2
12 Su	0134 H	4.8	0804 L	-3.6	1401 H	3.8	2009 L	-2.9
13 M	0212 H	4.5	0845 L	-3.2	1441 H	3.5	2049 L	-2.5
14 Tu	0252 H	4.1	0927 L	-2.8	1524 H	3.2	2133 L	-2.2
15 W	0337 H	3.8	1015 L	-2.5	1613 H	2.9	2225 L	-1.9
16 Th	0428 H	3.4	1109 L	-2.2	1708 H	2.8	2325 L	-1.7
17 F	0525 H	3.2	1209 L	-2.1	1809 H	2.8		
18 Sa	0031 L	-1.7	0628 H	3.1	1309 L	-2.1	1910 H	3.0
19 Su	0135 L	-1.9	0731 H	3.2	1403 L	-2.2	2005 H	3.3
20 M	0231 L	-2.2	0827 H	3.4	1452 L	-2.4	2053 H	3.7
21 Tu	0320 L	-2.6	0917 H	3.6	1535 L	-2.7	2137 H	4.2
22 W	0404 L	-3.1	1002 H	3.9	1615 L	-2.9	2218 H	4.7
23 Th	0446 L	-3.5	1044 H	4.1	1653 L	-3.2	2258 H	5.1
24 F	0528 L	-3.8	1126 H	4.3	1733 L	-3.4	2340 H	5.4
25 Sa	0609 L	-4.1	1209 H	4.5	1814 L	-3.5		
26 Su	0023 H	5.6	0653 L	-4.2	1254 H	4.5	1859 L	-3.5
27 M	0109 H	5.7	0740 L	-4.2	1342 H	4.5	1947 L	-3.4
28 Tu	0158 H	5.5	0830 L	-4.0	1433 H	4.4	2041 L	-3.2
29 W	0251 H	5.3	0925 L	-3.8	1530 H	4.2	2141 L	-3.0
30 Th	0350 H	4.9	1025 L	-3.5	1632 H	4.1	2249 L	-2.8

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May. 2009

Eastern Daylight Savings Time

Day	Time	Ht.	Time	Ht.	Time	Ht.	Time	Ht.
1 F	0455 H	4.5	1131 L	-3.3	1739 H	4.1		
2 Sa	0002 L	-2.8	0606 H	4.3	1238 L	-3.2	1848 H	4.2
3 Su	0113 L	-2.9	0717 H	4.1	1341 L	-3.2	1953 H	4.5
4 M	0219 L	-3.2	0823 H	4.2	1440 L	-3.2	2051 H	4.8
5 Tu	0317 L	-3.5	0921 H	4.2	1533 L	-3.3	2143 H	5.0
6 W	0410 L	-3.7	1013 H	4.3	1622 L	-3.3	2230 H	5.1
7 Th	0458 L	-3.8	1100 H	4.2	1707 L	-3.2	2313 H	5.2
8 F	0542 L	-3.8	1143 H	4.1	1748 L	-3.1	2353 H	5.1
9 Sa	0624 L	-3.7	1223 H	4.0	1827 L	-2.9		
10 Su	0030 H	4.9	0703 L	-3.5	1301 H	3.9	1905 L	-2.7
11 M	0107 H	4.7	0741 L	-3.2	1338 H	3.7	1943 L	-2.4
12 Tu	0144 H	4.4	0819 L	-3.0	1416 H	3.5	2022 L	-2.2
13 W	0223 H	4.2	0858 L	-2.7	1457 H	3.4	2105 L	-2.0
14 Th	0305 H	3.9	0941 L	-2.5	1542 H	3.3	2152 L	-1.8
15 F	0353 H	3.7	1027 L	-2.3	1630 H	3.2	2246 L	-1.7
16 Sa	0444 H	3.4	1117 L	-2.2	1723 H	3.3	2345 L	-1.7
17 Su	0540 H	3.3	1210 L	-2.1	1817 H	3.5		
18 M	0045 L	-1.9	0639 H	3.3	1303 L	-2.1	1911 H	3.8
19 Tu	0143 L	-2.2	0736 H	3.4	1354 L	-2.3	2002 H	4.1
20 W	0236 L	-2.6	0830 H	3.5	1443 L	-2.5	2051 H	4.6
21 Th	0326 L	-3.0	0922 H	3.8	1530 L	-2.7	2139 H	5.0
22 F	0414 L	-3.4	1011 H	4.0	1617 L	-3.0	2227 H	5.4
23 Sa	0501 L	-3.8	1100 H	4.3	1704 L	-3.2	2314 H	5.7
24 Su	0549 L	-4.1	1149 H	4.5	1753 L	-3.4		
25 M	0003 H	5.9	0637 L	-4.2	1238 H	4.7	1844 L	-3.5
26 Tu	0053 H	5.9	0727 L	-4.3	1330 H	4.8	1937 L	-3.5
27 W	0146 H	5.8	0818 L	-4.2	1424 H	4.8	2034 L	-3.4
28 Th	0241 H	5.5	0913 L	-4.0	1520 H	4.8	2135 L	-3.2
29 F	0340 H	5.1	1011 L	-3.7	1620 H	4.7	2240 L	-3.1
30 Sa	0442 H	4.7	1111 L	-3.4	1722 H	4.7	2347 L	-3.0
31 Su	0548 H	4.3	1212 L	-3.2	1825 H	4.7		

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Jun. 2009

Eastern Daylight Savings Time

Day	Time	Ht.	Time	Ht.	Time	Ht.	Time	Ht.
1 M	0054 L	-3.0	0654 H	4.1	1313 L	-3.0	1927 H	4.8
2 Tu	0157 L	-3.1	0758 H	3.9	1411 L	-2.9	2024 H	4.8
3 W	0255 L	-3.2	0858 H	3.8	1506 L	-2.8	2118 H	4.9
4 Th	0349 L	-3.3	0951 H	3.8	1556 L	-2.7	2206 H	4.9
5 F	0438 L	-3.3	1040 H	3.8	1643 L	-2.6	2250 H	4.9
6 Sa	0523 L	-3.3	1124 H	3.7	1726 L	-2.5	2330 H	4.8
7 Su	0604 L	-3.2	1204 H	3.7	1806 L	-2.4		
8 M	0008 H	4.7	0643 L	-3.1	1241 H	3.7	1844 L	-2.3
9 Tu	0044 H	4.6	0719 L	-3.0	1317 H	3.7	1921 L	-2.2
10 W	0120 H	4.4	0755 L	-2.9	1353 H	3.6	1959 L	-2.1
11 Th	0158 H	4.3	0831 L	-2.8	1431 H	3.6	2039 L	-2.0
12 F	0238 H	4.1	0908 L	-2.6	1511 H	3.7	2122 L	-2.0
13 Sa	0320 H	3.9	0947 L	-2.5	1554 H	3.7	2209 L	-1.9
14 Su	0407 H	3.7	1030 L	-2.3	1640 H	3.8	2301 L	-2.0
15 M	0457 H	3.5	1117 L	-2.3	1729 H	4.0	2356 L	-2.1
16 Tu	0551 H	3.4	1207 L	-2.2	1822 H	4.2		
17 W	0055 L	-2.3	0649 H	3.4	1301 L	-2.3	1916 H	4.5
18 Th	0154 L	-2.5	0747 H	3.4	1356 L	-2.4	2011 H	4.8
19 F	0251 L	-2.9	0846 H	3.6	1452 L	-2.6	2107 H	5.2
20 Sa	0346 L	-3.3	0943 H	3.9	1548 L	-2.9	2201 H	5.6
21 Su	0439 L	-3.7	1038 H	4.3	1643 L	-3.2	2255 H	5.8
22 M	0531 L	-4.1	1132 H	4.6	1738 L	-3.5	2348 H	6.0
23 Tu	0622 L	-4.3	1225 H	4.9	1833 L	-3.6		
24 W	0041 H	6.0	0713 L	-4.4	1317 H	5.1	1928 L	-3.7
25 Th	0134 H	5.9	0804 L	-4.4	1410 H	5.3	2024 L	-3.7
26 F	0228 H	5.6	0856 L	-4.2	1504 H	5.3	2122 L	-3.5
27 Sa	0324 H	5.2	0949 L	-3.9	1600 H	5.2	2222 L	-3.3
28 Su	0422 H	4.7	1045 L	-3.5	1657 H	5.0	2324 L	-3.1
29 M	0522 H	4.3	1142 L	-3.1	1756 H	4.9		
30 Tu	0027 L	-2.9	0626 H	3.9	1241 L	-2.8	1856 H	4.7

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Jul. 2009

Eastern Daylight Savings Time

Day	Time	Ht.	Time	Ht.	Time	Ht.	Time	Ht.	
1	W	0130 L	-2.8	0729 H	3.6	1341 L	-2.5	1955 H	4.6
2	Th	0230 L	-2.8	0831 H	3.4	1438 L	-2.4	2051 H	4.6
3	F	0326 L	-2.8	0928 H	3.4	1531 L	-2.3	2142 H	4.5
4	Sa	0416 L	-2.9	1019 H	3.4	1621 L	-2.2	2228 H	4.5
5	Su	0502 L	-2.9	1104 H	3.5	1706 L	-2.3	2310 H	4.5
6	M	0544 L	-3.0	1144 H	3.6	1747 L	-2.3	2348 H	4.5
7	Tu	0622 L	-3.0	1221 H	3.7	1825 L	-2.3		
8	W	0024 H	4.5	0657 L	-3.0	1255 H	3.8	1901 L	-2.3
9	Th	0059 H	4.5	0730 L	-2.9	1328 H	3.9	1936 L	-2.3
10	F	0134 H	4.4	0802 L	-2.9	1402 H	4.0	2013 L	-2.3
11	Sa	0211 H	4.3	0834 L	-2.8	1438 H	4.1	2051 L	-2.3
12	Su	0250 H	4.1	0909 L	-2.7	1517 H	4.2	2134 L	-2.3
13	M	0332 H	3.9	0948 L	-2.5	1600 H	4.3	2221 L	-2.3
14	Tu	0419 H	3.7	1032 L	-2.4	1648 H	4.4	2315 L	-2.3
15	W	0512 H	3.5	1122 L	-2.3	1741 H	4.5		
16	Th	0014 L	-2.3	0610 H	3.4	1218 L	-2.3	1839 H	4.6
17	F	0118 L	-2.5	0713 H	3.4	1321 L	-2.4	1940 H	4.9
18	Sa	0223 L	-2.8	0818 H	3.6	1426 L	-2.6	2042 H	5.1
19	Su	0324 L	-3.2	0922 H	3.9	1529 L	-2.9	2143 H	5.5
20	M	0421 L	-3.7	1021 H	4.4	1630 L	-3.3	2240 H	5.8
21	Tu	0515 L	-4.1	1117 H	4.9	1727 L	-3.6	2335 H	6.0
22	W	0606 L	-4.3	1210 H	5.3	1822 L	-3.9		
23	Th	0028 H	6.0	0655 L	-4.5	1301 H	5.6	1915 L	-4.0
24	F	0120 H	5.9	0744 L	-4.4	1351 H	5.7	2008 L	-4.0
25	Sa	0211 H	5.6	0833 L	-4.2	1441 H	5.6	2102 L	-3.8
26	Su	0302 H	5.2	0922 L	-3.8	1532 H	5.4	2157 L	-3.5
27	M	0355 H	4.6	1014 L	-3.4	1625 H	5.1	2255 L	-3.1
28	Tu	0451 H	4.1	1108 L	-2.9	1721 H	4.8	2356 L	-2.7
29	W	0552 H	3.6	1207 L	-2.4	1820 H	4.4		
30	Th	0059 L	-2.5	0656 H	3.3	1308 L	-2.1	1922 H	4.2
31	F	0201 L	-2.4	0802 H	3.1	1410 L	-2.0	2022 H	4.1

Stamford, Conn. Datum = NGVD
 Tide Predictions (High and Low Waters)
 NOAA National Ocean Service

Aug. 2009

Eastern Daylight Savings Time

Day	Time	Ht.	Time	Ht.	Time	Ht.	Time	Ht.
1 Sa	0259 L	-2.4	0902 H	3.1	1507 L	-1.9	2117 H	4.2
2 Su	0351 L	-2.6	0955 H	3.3	1559 L	-2.0	2206 H	4.3
3 M	0438 L	-2.7	1040 H	3.5	1645 L	-2.2	2249 H	4.4
4 Tu	0519 L	-2.8	1120 H	3.7	1726 L	-2.3	2327 H	4.5
5 W	0556 L	-2.9	1155 H	3.9	1803 L	-2.5		
6 Th	0002 H	4.5	0629 L	-3.0	1227 H	4.1	1837 L	-2.6
7 F	0035 H	4.5	0700 L	-3.0	1258 H	4.3	1911 L	-2.7
8 Sa	0108 H	4.5	0729 L	-2.9	1330 H	4.4	1945 L	-2.7
9 Su	0143 H	4.4	0800 L	-2.9	1404 H	4.6	2021 L	-2.7
10 M	0221 H	4.3	0833 L	-2.8	1443 H	4.7	2102 L	-2.7
11 Tu	0302 H	4.0	0911 L	-2.7	1525 H	4.7	2148 L	-2.6
12 W	0348 H	3.8	0956 L	-2.5	1614 H	4.7	2241 L	-2.5
13 Th	0440 H	3.6	1048 L	-2.4	1708 H	4.6	2343 L	-2.4
14 F	0541 H	3.4	1149 L	-2.2	1810 H	4.6		
15 Sa	0051 L	-2.5	0648 H	3.4	1259 L	-2.3	1918 H	4.7
16 Su	0202 L	-2.8	0759 H	3.6	1412 L	-2.5	2026 H	5.0
17 M	0306 L	-3.2	0907 H	4.1	1520 L	-2.9	2130 H	5.3
18 Tu	0405 L	-3.6	1007 H	4.7	1621 L	-3.4	2229 H	5.6
19 W	0457 L	-4.0	1101 H	5.2	1716 L	-3.9	2323 H	5.8
20 Th	0547 L	-4.3	1152 H	5.6	1809 L	-4.2		
21 F	0014 H	5.9	0634 L	-4.4	1240 H	5.9	1859 L	-4.3
22 Sa	0102 H	5.8	0720 L	-4.3	1327 H	5.9	1948 L	-4.2
23 Su	0149 H	5.4	0806 L	-4.0	1413 H	5.8	2037 L	-3.9
24 M	0237 H	5.0	0852 L	-3.6	1500 H	5.4	2128 L	-3.4
25 Tu	0326 H	4.4	0940 L	-3.0	1549 H	5.0	2221 L	-2.9
26 W	0417 H	3.9	1032 L	-2.5	1642 H	4.5	2320 L	-2.5
27 Th	0515 H	3.4	1130 L	-2.1	1740 H	4.1		
28 F	0023 L	-2.2	0620 H	3.0	1234 L	-1.7	1844 H	3.8
29 Sa	0128 L	-2.1	0728 H	2.9	1340 L	-1.7	1949 H	3.8
30 Su	0227 L	-2.1	0831 H	3.0	1440 L	-1.8	2048 H	3.8
31 M	0320 L	-2.3	0924 H	3.3	1533 L	-2.0	2138 H	4.0

Stamford, Conn. Datum = NGVD
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Sep. 2009

Eastern Daylight Savings Time

Day	Time	Ht.	Time	Ht.	Time	Ht.	Time	Ht.
1 Tu	0407 L	-2.5	1009 H	3.6	1619 L	-2.3	2222 H	4.2
2 W	0447 L	-2.7	1048 H	3.9	1659 L	-2.5	2300 H	4.4
3 Th	0523 L	-2.9	1122 H	4.2	1736 L	-2.8	2335 H	4.5
4 F	0555 L	-2.9	1153 H	4.5	1810 L	-2.9		
5 Sa	0008 H	4.6	0625 L	-3.0	1224 H	4.7	1843 L	-3.1
6 Su	0041 H	4.6	0655 L	-3.0	1257 H	4.9	1917 L	-3.1
7 M	0116 H	4.5	0726 L	-3.0	1333 H	5.0	1954 L	-3.1
8 Tu	0154 H	4.3	0802 L	-2.9	1412 H	5.0	2036 L	-3.0
9 W	0236 H	4.1	0842 L	-2.7	1456 H	5.0	2123 L	-2.9
10 Th	0324 H	3.9	0929 L	-2.5	1547 H	4.8	2217 L	-2.7
11 F	0419 H	3.6	1026 L	-2.3	1645 H	4.6	2321 L	-2.5
12 Sa	0522 H	3.5	1133 L	-2.2	1751 H	4.5		
13 Su	0033 L	-2.6	0634 H	3.6	1250 L	-2.3	1904 H	4.5
14 M	0145 L	-2.8	0747 H	3.9	1406 L	-2.6	2015 H	4.7
15 Tu	0249 L	-3.2	0854 H	4.4	1512 L	-3.1	2120 H	5.1
16 W	0346 L	-3.6	0952 H	5.0	1611 L	-3.6	2217 H	5.3
17 Th	0438 L	-3.9	1044 H	5.5	1704 L	-4.1	2308 H	5.5
18 F	0526 L	-4.1	1131 H	5.8	1753 L	-4.3	2356 H	5.5
19 Sa	0611 L	-4.1	1217 H	6.0	1840 L	-4.3		
20 Su	0042 H	5.4	0655 L	-4.0	1301 H	5.9	1926 L	-4.1
21 M	0126 H	5.1	0738 L	-3.6	1344 H	5.6	2011 L	-3.8
22 Tu	0210 H	4.6	0821 L	-3.2	1427 H	5.2	2058 L	-3.3
23 W	0255 H	4.1	0906 L	-2.7	1512 H	4.7	2147 L	-2.8
24 Th	0343 H	3.6	0955 L	-2.2	1602 H	4.2	2241 L	-2.4
25 F	0437 H	3.2	1052 L	-1.8	1657 H	3.8	2342 L	-2.1
26 Sa	0540 H	3.0	1157 L	-1.5	1801 H	3.5		
27 Su	0046 L	-1.9	0647 H	2.9	1305 L	-1.5	1908 H	3.4
28 M	0147 L	-2.0	0750 H	3.1	1407 L	-1.7	2009 H	3.5
29 Tu	0240 L	-2.2	0844 H	3.4	1501 L	-2.0	2102 H	3.7
30 W	0327 L	-2.4	0929 H	3.7	1547 L	-2.4	2147 H	4.0

Stamford, Conn. Datum = NGVD
 Tide Predictions (High and Low Waters)
 NOAA National Ocean Service

Oct. 2009

Eastern Daylight Savings Time

Day	Time	Ht.	Time	Ht.	Time	Ht.	Time	Ht.
1 Th	0407 L	-2.6	1008 H	4.1	1628 L	-2.7	2227 H	4.2
2 F	0444 L	-2.8	1043 H	4.4	1705 L	-3.0	2303 H	4.3
3 Sa	0517 L	-2.9	1117 H	4.8	1741 L	-3.3	2338 H	4.4
4 Su	0549 L	-3.0	1151 H	5.0	1816 L	-3.5		
5 M	0014 H	4.5	0621 L	-3.1	1226 H	5.2	1852 L	-3.5
6 Tu	0052 H	4.4	0657 L	-3.1	1305 H	5.3	1932 L	-3.5
7 W	0132 H	4.3	0736 L	-3.0	1348 H	5.3	2016 L	-3.4
8 Th	0217 H	4.2	0822 L	-2.9	1435 H	5.2	2105 L	-3.2
9 F	0308 H	4.0	0914 L	-2.6	1528 H	4.9	2202 L	-3.0
10 Sa	0406 H	3.8	1016 L	-2.4	1629 H	4.6	2307 L	-2.8
11 Su	0512 H	3.7	1128 L	-2.4	1738 H	4.4		
12 M	0017 L	-2.8	0624 H	3.9	1246 L	-2.5	1853 H	4.3
13 Tu	0127 L	-3.0	0734 H	4.2	1358 L	-2.9	2003 H	4.4
14 W	0230 L	-3.2	0838 H	4.7	1502 L	-3.4	2106 H	4.7
15 Th	0326 L	-3.5	0934 H	5.2	1558 L	-3.8	2202 H	4.9
16 F	0416 L	-3.7	1024 H	5.5	1649 L	-4.1	2252 H	5.0
17 Sa	0503 L	-3.8	1110 H	5.7	1736 L	-4.3	2339 H	4.9
18 Su	0548 L	-3.7	1154 H	5.7	1821 L	-4.2		
19 M	0022 H	4.8	0630 L	-3.6	1235 H	5.6	1904 L	-4.0
20 Tu	0104 H	4.5	0711 L	-3.3	1316 H	5.3	1947 L	-3.7
21 W	0145 H	4.2	0752 L	-2.9	1356 H	4.9	2030 L	-3.3
22 Th	0227 H	3.8	0835 L	-2.5	1439 H	4.4	2114 L	-2.8
23 F	0312 H	3.5	0922 L	-2.1	1524 H	4.0	2203 L	-2.5
24 Sa	0402 H	3.2	1015 L	-1.8	1615 H	3.6	2257 L	-2.2
25 Su	0458 H	3.0	1116 L	-1.6	1713 H	3.3	2356 L	-2.0
26 M	0558 H	3.0	1222 L	-1.6	1816 H	3.2		
27 Tu	0055 L	-2.0	0658 H	3.1	1324 L	-1.8	1919 H	3.2
28 W	0149 L	-2.1	0753 H	3.4	1419 L	-2.1	2015 H	3.3
29 Th	0237 L	-2.3	0840 H	3.8	1508 L	-2.5	2104 H	3.5
30 F	0320 L	-2.5	0923 H	4.2	1551 L	-2.9	2148 H	3.8
31 Sa	0359 L	-2.7	1002 H	4.5	1632 L	-3.3	2128 H	4.0

Stamford, Conn. Datum = NGVD
 Tide Predictions (High and Low Waters)
 NOAA National Ocean Service

Nov. 2009

EST/EDT Daylight Savings ends November 1

Day	Time	Ht.	Time	Ht.	Time	Ht.	Time	Ht.
1 Su	0337 L	-2.9	0940 H	4.9	1611 L	-3.6	2208 H	4.1
2 M	0414 L	-3.1	1019 H	5.2	1650 L	-3.8	2249 H	4.2
3 Tu	0452 L	-3.2	1100 H	5.4	1731 L	-4.0	2331 H	4.3
4 W	0534 L	-3.3	1143 H	5.5	1814 L	-4.0		
5 Th	0016 H	4.3	0619 L	-3.3	1230 H	5.4	1901 L	-3.9
6 F	0104 H	4.2	0710 L	-3.2	1320 H	5.2	1953 L	-3.7
7 Sa	0157 H	4.1	0806 L	-3.0	1416 H	4.9	2050 L	-3.5
8 Su	0256 H	4.1	0911 L	-2.8	1518 H	4.5	2152 L	-3.3
9 M	0401 H	4.1	1022 L	-2.8	1626 H	4.2	2258 L	-3.2
10 Tu	0509 H	4.2	1136 L	-2.9	1738 H	4.1		
11 W	0004 L	-3.2	0616 H	4.4	1244 L	-3.2	1847 H	4.0
12 Th	0106 L	-3.3	0717 H	4.7	1346 L	-3.6	1949 H	4.1
13 F	0202 L	-3.4	0813 H	5.0	1442 L	-3.9	2045 H	4.2
14 Sa	0254 L	-3.5	0903 H	5.2	1533 L	-4.0	2136 H	4.2
15 Su	0342 L	-3.5	0950 H	5.3	1620 L	-4.1	2222 H	4.2
16 M	0427 L	-3.4	1033 H	5.2	1704 L	-4.0	2305 H	4.1
17 Tu	0509 L	-3.2	1113 H	5.0	1746 L	-3.9	2345 H	3.9
18 W	0549 L	-3.0	1152 H	4.8	1826 L	-3.6		
19 Th	0024 H	3.7	0629 L	-2.8	1231 H	4.5	1905 L	-3.3
20 F	0104 H	3.5	0710 L	-2.5	1310 H	4.1	1945 L	-3.1
21 Sa	0144 H	3.3	0753 L	-2.3	1352 H	3.8	2027 L	-2.8
22 Su	0228 H	3.2	0840 L	-2.1	1438 H	3.5	2112 L	-2.6
23 M	0316 H	3.1	0933 L	-1.9	1528 H	3.2	2201 L	-2.4
24 Tu	0407 H	3.1	1031 L	-1.9	1623 H	3.0	2254 L	-2.3
25 W	0501 H	3.2	1131 L	-2.0	1721 H	2.9	2347 L	-2.3
26 Th	0554 H	3.4	1229 L	-2.3	1819 H	2.9		
27 F	0038 L	-2.4	0646 H	3.7	1322 L	-2.6	1914 H	3.0
28 Sa	0127 L	-2.5	0735 H	4.1	1412 L	-3.0	2005 H	3.2
29 Su	0213 L	-2.7	0821 H	4.5	1459 L	-3.4	2054 H	3.5
30 M	0258 L	-3.0	0907 H	4.9	1544 L	-3.8	2140 H	3.7

Stamford, Conn. Datum = NGVD
 Tide Predictions (High and Low Waters)
 NOAA National Ocean Service

Dec. 2009

Eastern Standard Time

Day	Time	Ht.	Time	Ht.	Time	Ht.	Time	Ht.
1 Tu	0344 L	-3.2	0953 H	5.2	1628 L	-4.1	2227 H	4.0
2 W	0430 L	-3.5	1039 H	5.4	1714 L	-4.3	2314 H	4.2
3 Th	0518 L	-3.6	1127 H	5.5	1800 L	-4.5		
4 F	0003 H	4.4	0609 L	-3.7	1217 H	5.4	1849 L	-4.5
5 Sa	0053 H	4.4	0702 L	-3.7	1310 H	5.2	1940 L	-4.3
6 Su	0147 H	4.5	0800 L	-3.6	1405 H	4.9	2035 L	-4.1
7 M	0244 H	4.5	0902 L	-3.5	1505 H	4.5	2133 L	-3.9
8 Tu	0344 H	4.4	1009 L	-3.4	1609 H	4.1	2234 L	-3.6
9 W	0447 H	4.4	1117 L	-3.4	1716 H	3.7	2337 L	-3.4
10 Th	0551 H	4.4	1224 L	-3.4	1824 H	3.5		
11 F	0039 L	-3.3	0653 H	4.5	1327 L	-3.6	1928 H	3.5
12 Sa	0137 L	-3.2	0751 H	4.6	1424 L	-3.7	2027 H	3.4
13 Su	0232 L	-3.2	0843 H	4.7	1516 L	-3.8	2119 H	3.5
14 M	0323 L	-3.2	0932 H	4.6	1604 L	-3.9	2207 H	3.5
15 Tu	0409 L	-3.1	1016 H	4.6	1648 L	-3.9	2250 H	3.5
16 W	0452 L	-3.1	1056 H	4.5	1729 L	-3.8	2329 H	3.4
17 Th	0532 L	-3.0	1133 H	4.3	1807 L	-3.7		
18 F	0006 H	3.4	0610 L	-2.9	1209 H	4.1	1842 L	-3.5
19 Sa	0041 H	3.4	0648 L	-2.8	1246 H	4.0	1917 L	-3.4
20 Su	0117 H	3.4	0726 L	-2.7	1323 H	3.7	1953 L	-3.2
21 M	0155 H	3.3	0807 L	-2.5	1404 H	3.5	2030 L	-3.0
22 Tu	0236 H	3.3	0852 L	-2.5	1448 H	3.2	2111 L	-2.8
23 W	0320 H	3.3	0941 L	-2.4	1536 H	3.0	2155 L	-2.7
24 Th	0408 H	3.4	1035 L	-2.4	1628 H	2.8	2244 L	-2.6
25 F	0459 H	3.5	1133 L	-2.5	1725 H	2.6	2337 L	-2.5
26 Sa	0553 H	3.7	1233 L	-2.7	1824 H	2.7		
27 Su	0033 L	-2.6	0649 H	3.9	1332 L	-3.1	1924 H	2.8
28 M	0130 L	-2.8	0745 H	4.3	1427 L	-3.5	2022 H	3.1
29 Tu	0226 L	-3.1	0839 H	4.7	1519 L	-3.9	2116 H	3.5
30 W	0321 L	-3.4	0932 H	5.0	1609 L	-4.3	2209 H	3.9
31 Th	0414 L	-3.8	1024 H	5.3	1658 L	-4.7	2259 H	4.3