

TIDE TABLES

PACIFIC TIME ZONE • YAQUINA BAY NEWPORT

Every coastal adventure starts with the tide tables. From surfing with **Ossies** to exploring tidepools at **Yaquina Head**, setting crab pots, or chasing King Tides, the right timing makes it unforgettable.



Check live cameras around Newport for tides, surf, and even a sea lion or two by scanning the QR code.

These are NOAA tide predictions from Yaquina USCG Station #9435385. Height measured in feet.

MINUS TIDE

JANUARY 2026

Date	Time	Ht.	Time	Ht.	Time	Ht.	Time	Ht.
1 Th	3:14A	4.04 L	9:26A	10.37 H	4:47 P	-1.58 L	11:41 P	7.25 H
2 F	4:15A	3.98 L	10:20A	10.58 H	5:36 P	-1.95 L		
3 Sa	12:29A	7.59 H	5:12A	3.79 L	11:13A	10.6 H	6:23 P	-2.04 L
4 Su	1:13A	7.83 H	6:07A	3.54 L	12:04P	10.36 H	7:08 P	-1.86 L
5 M	1:56A	8.01 H	7:01A	3.30 L	12:55P	9.85 H	7:51 P	-1.42 L
6 Tu	2:38A	8.15 H	7:56A	3.10 L	1:45P	9.10 H	8:33 P	-0.76 L
7 W	3:20A	8.25 H	8:54A	2.93 L	2:37P	8.17 H	9:13 P	0.08 L
8 Th	4:01A	8.32 H	9:55A	2.75 L	3:34P	7.18 H	9:52 P	1.02 L
9 F	4:41A	8.36 H	11:00A	2.53 L	4:39P	6.27 H	10:31 P	1.99 L
10 Sa	5:22A	8.36 H	12:09P	2.22 L	5:59P	5.62 H	11:13 P	2.91 L
11 Su	6:04A	8.35 H	1:17P	1.82 L	7:35P	5.38 H		
12 M	12:02A	3.69 L	6:49A	8.35 H	2:20P	1.37 L	9:09 P	5.56 H
13 Tu	1:02A	4.26 L	7:37A	8.39 H	3:13P	0.92 L	10:18 P	5.93 H
14 W	2:08A	4.57 L	8:25A	8.50 H	3:59P	0.49 L	11:07 P	6.29 H
15 Th	3:08A	4.63 L	9:12A	8.68 H	4:40 P	0.10 L	11:44 P	6.58 H
16 F	3:59A	4.52 L	9:56A	8.88 H	5:17 P	-0.24 L		
17 Sa	12:16A	6.81 H	4:43A	4.32 L	10:38A	9.07 H	5:52 P	-0.51 L
18 Su	12:46A	7.03 H	5:24A	4.08 L	11:17A	9.18 H	6:25 P	-0.69 L
19 M	1:15A	7.24 H	6:04A	3.82 L	11:56A	9.16 H	6:57 P	-0.73 L
20 Tu	1:44A	7.47 H	6:46A	3.54 L	12:35P	8.98 H	7:28 P	-0.59 L
21 W	2:13A	7.73 H	7:29A	3.23 L	1:16P	8.61 H	8:00 P	-0.24 L
22 Th	2:43A	8.01 H	8:16A	2.89 L	2:02P	8.06 H	8:32 P	0.33 L
23 F	3:14A	8.31 H	9:09A	2.52 L	2:53P	7.36 H	9:06 P	1.07 L
24 Sa	3:48A	8.61 H	10:07A	2.10 L	3:56P	6.61 H	9:42 P	1.92 L
25 Su	4:26A	8.87 H	11:14A	1.64 L	5:14P	5.96 H	10:25 P	2.80 L
26 M	5:11A	9.07 H	12:26P	1.10 L	6:50P	5.65 H	11:20 P	3.58 L
27 Tu	6:06A	9.24 H	1:39P	0.48 L	8:30P	5.81 H		
28 W	12:32A	4.15 L	7:08A	9.42 H	2:46 P	-0.18 L	9:48 P	6.27 H
29 Th	1:55A	4.35 L	8:14A	9.64 H	3:45 P	-0.78 L	10:45 P	6.79 H
30 F	3:10A	4.48 L	9:18A	9.89 H	4:37 P	-1.23 L	11:30 P	7.25 H
31 Sa	4:14A	3.79 L	10:16A	10.05 H	5:24 P	-1.48 L		

FEBRUARY 2026

Date	Time	Ht.	Time	Ht.	Time	Ht.	Time	Ht.
1 Su	12:10A	7.66 H	5:10A	3.30 L	11:09A	10.04 H	6:07 P	-1.48 L
2 M	12:48A	8.00 H	6:01A	2.82 L	11:59A	9.80 H	6:46 P	-1.21 L
3 Tu	1:24A	8.28 H	6:51A	2.42 L	12:47P	9.30 H	7:23 P	-0.70 L
4 W	1:58A	8.48 H	7:39A	2.12 L	1:34P	8.61 H	7:58 P	0.01 L
5 Th	2:32A	8.58 H	8:28A	1.93 L	2:22P	7.80 H	8:32 P	0.86 L
6 F	3:05A	8.57 H	9:18A	1.83 L	3:13P	6.96 H	9:04 P	1.77 L
7 Sa	3:38A	8.47 H	10:12A	1.80 L	4:11P	6.18 H	9:37 P	2.67 L
8 Su	4:14A	8.30 H	11:12A	1.79 L	5:25P	5.58 H	10:12 P	3.47 L
9 M	4:54A	8.09 H	12:20P	1.71 L	7:03P	5.30 H	10:57 P	4.13 L
10 Tu	5:44A	7.91 H	1:32P	1.51 L	8:50P	5.45 H		
11 W	12:07A	4.58 L	6:44A	7.83 H	2:37P	1.17 L	10:01 P	5.80 H
12 Th	1:35A	4.72 L	7:49A	7.92 H	3:30P	0.74 L	10:43 P	6.14 H
13 F	2:48A	4.56 L	8:47A	8.16 H	4:13P	0.30 L	11:13 P	6.46 H
14 Sa	3:42A	4.22 L	9:37A	8.46 H	4:50 P	-0.09 L	11:40 P	6.78 H
15 Su	4:27A	3.79 L	10:22A	8.73 H	5:24 P	-0.39 L		
16 M	12:06A	7.13 H	5:09A	3.31 L	11:04A	8.89 H	5:55 P	-0.52 L
17 Tu	12:32A	7.51 H	5:49A	2.79 L	11:45A	8.90 H	6:25 P	-0.46 L
18 W	12:58A	7.92 H	6:30A	2.25 L	12:27P	8.72 H	6:56 P	-0.16 L
19 Th	1:25A	8.32 H	7:13A	1.74 L	1:12P	8.36 H	7:27 P	0.35 L
20 F	1:53A	8.67 H	7:59A	1.29 L	2:00P	7.82 H	7:59 P	1.04 L
21 Sa	2:25A	8.95 H	8:48A	0.94 L	2:54P	7.16 H	8:34 P	1.84 L
22 Su	3:00A	9.10 H	9:44A	0.71 L	3:58P	6.46 H	9:12 P	2.67 L
23 M	3:42A	9.11 H	10:48A	0.58 L	5:17P	5.90 H	9:59 P	3.43 L
24 Tu	4:33A	8.98 H	12:02P	0.43 L	6:55P	5.68 H	11:03 P	4.03 L
25 W	5:37A	8.80 H	1:20P	0.18 L	8:30P	5.91 H		
26 Th	12:32A	4.31 L	6:53A	8.72 H	2:31 P	-0.18 L	9:38 P	6.36 H
27 F	2:04A	4.14 L	8:09A	8.80 H	3:31 P	-0.54 L	10:25 P	6.85 H
28 Sa	3:17A	3.61 L	9:16A	8.96 H	4:21 P	-0.78 L	11:05 P	7.32 H

NOVEMBER 2025

Date	Time	Ht.	Time	Ht.	Time	Ht.	Time	Ht.
1 Sa	3:03A	0.89 L	9:47A	7.65 H	3:52P	2.08 L	9:44P	6.89 H
2 Su	2:48A	1.10 L	9:18A	8.37 H	3:39P	0.92 L	9:46P	7.20 H
3 M	3:30A	1.43 L	9:51A	9.09 H	4:25P	-0.20 L	10:45P	7.49 H
4 Tu	4:13A	1.85 L	10:26A	9.73 H	5:11P	-1.15 L	11:40P	7.68 H
5 W	4:56A	2.31 L	11:03A	10.2 H	5:57P	-1.82 L		
6 Th	12:35A	7.74 H	5:40A	2.77 L	11:44A	10.41 H	7:24P	-2.13 L
7 F	1:30A	7.64 H	6:26A	3.19 L	12:28P	10.33 H	7:35P	-2.09 L
8 Sa	2:27A	7.44 H	7:16A	3.55 L	1:15P	9.94 H	8:29P	-1.75 L
9 Su	3:27A	7.21 H	8:12A	3.83 L	2:08P	9.31 H	9:25P	-1.22 L
10 M	4:31A	7.04 H	9:19A	4.00 L	3:08P	8.50 H	10:26P	-0.60 L
11 Tu	5:37A	7.03 H	10:40A	3.97 L	4:18P	7.65 H	11:28P	0.00 L
12 W	6:39A	7.20 H	12:09P	3.61 L	5:39P	6.93 H		
13 Th	12:29A	0.56 L	7:31A	7.49 H	1:29P	2.97 L	7:03P	6.48 H
14 F	1:25A	1.09 L	8:15A	7.83 H	2:33P	2.19 L	8:20P	6.31 H
15 Sa	2:14A	1.62 L	8:52A	8.15 H	3:23P	1.42 L	9:26P	6.33 H
16 Su	2:58A	2.14 L	9:24A	8.42 H	4:06P	0.75 L	10:23P	6.45 H
17 M	3:37A	2.65 L	9:53A	8.63 H	4:43P	0.21 L	11:12P	6.60 H
18 Tu	4:13A	3.10 L	10:20A	8.78 H	5:18P	-0.18 L	11:56P	6.74 H
19 W	4:48A	3.47 L	10:48A	8.85 H	5:51P	-0.42 L		
20 Th	12:38A	6.83 H	5:22A	3.77 L	11:17A	8.85 H	6:25P	-0.54 L
21 F	1:18A	6.85 H	5:56A	4.00 L	11:48A	8.78 H	7:00P	-0.54 L
22 Sa	1:58A	6.79 H	6:31A	4.18 L	12:20P	8.64 H	7:37P	-0.45 L
23 Su	2:41A	6.68 H	7:08A	4.33 L	12:55P	8.43 H	8:17P	-0.31 L
24 M	3:27A	6.57 H	7:50A	4.45 L	1:34P	8.13 H	8:59P	-0.12 L
25 Tu	4:16A	6.53 H	8:42A	4.51 L	2:18P	7.73 H	9:44P	0.11 L
26 W	5:05A	6.62 H	9:47A	4.45 L	3:11P	7.24 H	10:31P	0.40 L
27 Th	5:51A	6.87 H	11:05A	4.14 L	4:20P	6.71 H	11:21P	0.77 L
28 F	6:32A	7.29 H	12:22P	3.48 L	5:42P	6.29 H		
29 Sa	12:11A	1.21 L	7:10A	7.84 H	1:30P	1.52 L	7:09P	6.14 H
30 Su	1:02A	1.71 L	7:48A	8.49 H	2:28P	1.37 L	8:30P	6.28 H

DECEMBER 2025

Date	Time	Ht.	Time	Ht.	Time	Ht.	Time	Ht.
1 M	1:54A	2.24 L	8:26A	9.18 H	3:19P	0.20 L	9:41P	6.62 H
2 Tu	2:45A	2.73 L	9:07A	9.82 H	4:09P	-0.85 L	10:44P	7.02 H
3 W	3:37A	3.13 L	9:50A	10.34 H	4:57 P	-1.66 L	11:41P	7.35 H
4 Th	4:28A	3.42 L	10:35A	10.66 H	5:46 P	-2.16 L		
5 F	12:35A	7.57 H	5:19A	3.60 L	11:22A	10.74 H	6:34P	-2.33 L
6 Sa	1:27A	7.65 H	6:12A	3.70 L	12:11P	10.54 H	7:24P	-2.19 L
7 Su	2:19A	7.64 H	7:06A	3.75 L	1:02P	10.06 H	8:14P	-1.79 L
8 M	3:11A	7.60 H	8:05A	3.76 L	1:56P	9.33 H	9:04P	-1.20 L
9 Tu	4:04A	7.59 H	9:10A	3.71 L	2:53P	8.42 H	9:54P	-0.47 L
10 W	4:56A	7.66 H	10:23A	3.55 L	3:56P	7.44 H	10:44P	0.34 L
11 Th	5:46A	7.80 H	11:42A	3.19 L	5:09P	6.55 H	11:34P	1.18 L
12 F	6:34A	7.99 H	12:58P	2.63 L	6:33P	5.93 H		
13 Sa	12:24A	2.00 L	7:17A	8.20 H	7:20P	1.96 L	7:59P	5.69 H
14 Su	1:14A	2.74 L	7:56A	8.39 H	2:58P	1.29 L	9:17P	5.79 H
15 M	2:04A	3.36 L	8:32A	8.57 H	3:43P	0.70 L	10:21P	6.07 H
16 Tu	2:52A	3.83 L	9:07A	8.72 H	4:23P	0.23 L	11:13P	6.38 H
17 W	3:38A	4.14 L	9:42A	8.84 H	5:00 P	-0.13 L	11:56P	6.64 H
18 Th	4:20A	4.30 L	10:17A	8.95 H	5:35 P	-0.38 L		
19 F	12:34A	6.83 H	5:00A	4.36 L	10:53A	9.02 H	6:10P	-0.56 L
20 Sa	1:11A	6.94 H	5:39A	4.36 L	11:29A	9.03 H	6:46P	-0.66 L
21 Su	1:46A	6.99 H	6:18A	4.33 L	12:06P	8.97 H	7:22P	-0.68 L
22 M	2:23A	7.03 H	6:58A	4.29 L	12:43P	8.80 H	7:57P	-0.61 L
23 Tu	2:59A	7.10 H	7:42A	4.22 L	1:23P	8.49 H	8:33P	-0.41 L
24 W	3:36A	7.22 H	8:33A	4.08 L	2:07P	8.02 H	9:10P	-0.06 L
25 Th	4:13A	7.44 H	9:31A	3.83 L	2:59P	7.41 H	9:48P	0.46 L
26 F	4:50A	7.76 H	10:38A	3.39 L	4:02P	6.72 H	10:29P	1.12 L
27 Sa	5:28A	8.16 H	11:49A	2.72 L	5:21P	6.11 H	11:14P	1.89 L
28 Su	6:09A	8.64 H	12:58P	1.84 L	6:53P	5.80 H		
29 M	12:06A	2.67 L	6:54A	9.14 H	7:30P	0.85 L	8:25P	5.92 H
30 Tu	1:06A	3.34 L	7:42A	9.63 H	8:02 P	-0.13 L	9:43P	6.32 H
31 W	2:10A	3.80 L	8:33A	10.07 H	8:56 P	-0.97 L	10:48P	6.81 H

MARCH 2026

Date	Time	Ht.	Time	Ht.	Time	Ht.	Time	Ht.
1 Su	4:16A	2.95 L	10:14A	9.06 H	5:04P	-0.83 L	11:39P	7.76 H
2 M	5:07A	2.28 L	11:06A	9.01 H	5:42P	-0.65 L		
3 Tu	12:12A	8.14 H	5:53A	1.69 L	11:54A	8.77 H	6:17P	-0.26 L
4 W	12:42A	8.42 H	6:36A	1.23 L	12:39P	8.37 H	6:50P	0.31 L
5 Th	1:12A	8.59 H	7:18A	0.92 L	1:24P	7.85 H	7:21P	1.01 L
6 F	1:40A	8.61 H	7:59P	0.77 L	2:09P	7.27 H	7:52P	1.76 L
7 Sa	2:09A	8.51 H	8:42A	0.78 L	2:57P	6.67 H	8:22P	2.51 L
8 Su	3:39A	8.30 H	10:27A	0.92 L	4:51P	6.08 H	9:53P	3.20 L
9 M	4:12A	8.00 H	11:19A	1.13 L	5:57P	5.68 H	10:27P	3.78 L
10 Tu	4:51A	7.67 H	12:22P	1.31 L	7:27P	5.30 H	11:13P	4.23 L
11 W	5:43A	7.35 H	1:35P	1.33 L	9:10P	5.56 H		
12 Th	12:11A	4.51 L	6:52A	7.15 H	2:47P	1.13 L	10:17P	5.64 H
13 F	2:12A	4.46 L	8:09P	7.17 H	3:46P	0.78 L	10:55P	5.97 H
14 Sa	3:28A	4.10 L	9:17A	7.39 H	4:31P	0.41 L	11:24P	6.36 H
15 Su	4:22A	3.54 L	10:13A	7.69 H	5:09P	0.11 L	11:50P	6.81 H
16 M	5:08A	2.86 L	11:02A	7.97 H	5:43P	-0.04 L		
17 Tu	12:14A	7.32 H	5:50A	2.10 L	11:49A	8.16 H	6:15P	-0.01 L
18 W	12:40A	7.86 H	6:31A	1.32 L	12:35P	8.22 H	6:47P	0.23 L
19 Th	1:07A	8.40 H	7:12A	0.58 L	1:22P	8.12 H	7:20P	0.66 L
20 F	1:36A	8.86 H	7:55A	0.04 L	2:10P	7.85 H	7:54P	1.24 L
21 Sa	2:08A	9.17 H	8:41A	0.46 L	3:02P	7.43 H	8:30P	1.90 L
22 Su	2:43A	9.32 H	9:30A	0.64 L	3:59P	6.90 H	9:10P	2.58 L
23 M	3:23A	9.24 H	10:26A	0.59 L	5:05P	6.36 H	9:55P	3.21 L
24 Tu	4:11A	8.95 H	11:29A	-0.40 L	6:24P	5.97 H	10:53P	3.73 L
25 W	5:10A	8.50 H	12:42P	-0.21 L	7:52P	5.89 H		
26 Th	12:14A	4.01 L	6:23A	8.05 H	1:58P	-0.14 L	9:10P	6.15 H
27 F	1:51A	3.89 L	7:47A	7.76 H	3:07P	-0.18 L	10:07P	6.57 H
28 Sa	3:15A	3.34 L	9:07A	7.70 H	4:04P	-0.21 L	10:51P	7.04 H
29 Su	4:21A	2.58 L	10:14A	7.74 H	4:52P	-0.15 L	11:27P	7.51 H
30 M	5:13A	1.79 L	11:12A	7.76 H	5:33P	0.08 L	11:59P	7.92 H
31 Tu	5:59A	1.07 L	12:03P	7.70 H	6:09P	0.45 L		

MAY 2026

Date	Time	Ht.	Time	Ht.	Time	Ht.	Time	Ht.
1 F	12:12A	8.41 H	6:59A	-0.72 L	1:33P	6.58 H	6:39P	2.61 L
2 Sa	12:40A	8.41 H	7:34A	-0.87 L	2:15P	6.51 H	7:13P	2.99 L
3 Su	1:09A	8.31 H	8:10A	-0.86 L	2:57P	6.38 H	7:46P	3.30 L
4 M	1:40A	8.12 H	8:47A	-0.73 L	3:41P	6.18 H	8:21P	3.55 L
5 Tu	2:13A	7.86 H	9:27A	-0.51 L	4:29P	5.95 H	8:59P	3.76 L
6 W	2:49A	7.54 H	10:11A	-0.26 L	5:21P	5.75 H	9:44P	3.92 L
7 Th	3:31A	7.16 H	10:59A	-0.01 L	6:19P	5.68 H	10:43P	4.00 L
8 F	4:21A	6.73 H	11:51A	0.22 L	7:14P	5.78 H	11:59P	3.90 L
9 Sa	5:24A	6.29 H	12:44P	0.42 L	8:01P	6.05 H		
10 Su	1:20A	3.50 L	6:40A	5.95 H	1:36P	0.64 L	8:40P	6.48 H
11 M	2:30A	2.79 L	8:01A	5.80 H	2:25P	0.89 L	9:14P	7.04 H
12 Tu	3:27A	1.84 L	9:17A	5.89 H	3:12P	1.20 L	9:47P	7.68 H
13 W	4:17A	0.77 L	10:24A	6.14 H	3:58P	1.56 L	10:21P	8.35 H
14 Th	5:04A	-0.31 L	11:25A	6.46 H	4:43P	1.95 L	10:57P	8.98 H
15 F	5:50A	-1.28 L	12:22P	6.76 H	5:28P	2.31 L	11:36P	9.49 H
16 Sa	6:36A	-2.03 L	1:17P	6.96 H	6:14P	2.63 L		
17 Su	12:19A	9.81 H	7:24A	-2.48 L	2:10P	7.03 H	7:02P	2.88 L
18 M	1:04A	9.87 H	8:13A	-2.60 L	3:05P	6.98 H	7:53P	3.08 L
19 Tu	1:53A	9.66 H	9:05A	-2.44 L	4:00P	6.88 H	8:48P	3.21 L
20 W	2:45A	9.17 H	9:59A	-2.04 L	4:58P	6.79 H	9:51P	3.27 L
21 Th	3:43A	8.45 H	10:54A	-1.48 L	5:57P	6.80 H	11:04P	3.21 L
22 F	4:47A	7.59 H	11:51A	-0.83 L	6:54P	6.95 H		
23 Sa	12:25A	2.92 L	6:01A	6.74 H	12:47P	-0.13 L	7:47P	7.21 H
24 Su	1:46A	2.36 L	7:22A	6.06 H	1:42P	0.57 L	8:34P	7.53 H
25 M	2:57A	1.63 L	8:15A	5.68 H	2:34P	1.25 L	9:16P	7.83 H
26 Tu	3:56A	0.87 L	10:00A	5.60 H	3:23P	1.89 L	9:53P	8.08 H
27 W	4:45A	0.20 L	11:06A	5.71 H	4:09P	2.45 L	10:28P	8.25 H
28 Th	5:27A	-0.34 L	12:02P	5.91 H	4:51P	2.90 L	11:00P	8.35 H
29 F	6:06A	-0.71 L	12:50P	6.10 H	5:32P	3.24 L	11:33P	8.39 H
30 Sa	6:42A	-0.93 L	1:33P	6.23 H	6:10P	3.47 L		
31 Su	12:05A	8.37 H	7:17A	-1.04 L	2:12P	6.29 H	6:48P	3.61 L

JUNE 2026

Date	Time	Ht.	Time	Ht.	Time	Ht.	Time	Ht.
1 M	12:39A	8.30 H	7:53A	-1.05 L	2:51P	6.28 H	7:25P	3.69 L
2 Tu	1:14A	8.17 H	8:30A	-0.98 L	3:31P	6.23 H	8:03P	3.75 L
3 W	1:50A	7.97 H	9:07A	-0.86 L	4:12P	6.17 H	8:45P	3.79 L
4 Th	2:28A	7.68 H	9:46A	-0.68 L	4:54P	6.16 H	9:33P	3.79 L
5 F	3:10A	7.29 H	10:25A	-0.42 L	5:35P	6.25 H	10:29P	3.70 L
6 Sa	3:58A	6.79 H	11:06A	-0.08 L	6:16P	6.45 H	11:35P	3.44 L
7 Su	4:56A	6.24 H	11:48A	0.36 L	6:54P	6.79 H		
8 M	12:46A	2.92 L	6:07A	5.72 H	12:32P	0.90 L	7:31P	7.24 H
9 Tu	1:54A	2.14 L	7:30A	5.39 H	1:20P	1.49 L	8:10P	7.78 H
10 W	2:55A	1.12 L	8:55A	5.38 H	2:12P	2.08 L	8:50P	8.38 H
11 Th	3:51A	0.17 L	10:13A	5.64 H	3:06P	2.59 L	9:33P	8.97 H
12 F	4:43A	-0.89 L	11:21A	6.05 H	4:02P	2.96 L	10:19P	9.49 H
13 Sa	5:33A	-1.73 L	12:20P	6.45 H	4:58P	3.17 L	11:07P	9.89 H
14 Su	6:23A	-2.34 L	1:14P	6.77 H	5:53P	3.24 L	11:58P	10.10 H
15 M	7:12A	-2.67 L	2:05P	6.99 H	6:48P	3.20 L		
16 Tu	12:49A	10.07 H	8:02A	-2.71 L	2:54P	7.13 H	7:44P	3.10 L
17 W	1:42A	9.76 H	8:51A	-2.47 L	3:43P	7.23 H	8:42P	2.97 L
18 Th	2:36A	9.17 H	9:39A	-1.98 L	4:32P	7.34 H	9:45P	2.82 L
19 F	3:32A	8.33 H	10:27A	-1.28 L	5:20P	7.48 H	10:52P	2.62 L
20 Sa	4:33A	7.35 H	11:14A	-0.43 L	6:08P	7.64 H		
21 Su	12:05A	2.30 L	5:42A	6.38 H	12:01P	0.50 L	6:54P	7.80 H
22 M	1:18A	1.84 L	7:00A	5.62 H	12:49P	1.43 L	7:39P	7.95 H
23 Tu	2:28A	1.28 L	8:27A	5.21 H	1:39P	2.28 L	8:22P	8.07 H
24 W	3:29A	0.71 L	9:52A	5.21 H	2:32P	2.99 L	9:04P	8.15 H
25 Th	4:21A	0.20 L	11:04A	5.45 H	3:26P	3.49 L	9:45P	8.22 H
26 F	5:06A	-0.20 L	12:01P	5.76 H	4:18P	3.78 L	10:25P	8.29 H
27 Sa	5:47A	-0.50 L	12:46P	6.02 H	5:06P	3.90 L	11:05P	8.36 H
28 Su	6:25A	-0.72 L	1:25P	6.21 H	5:49P	3.90 L	11:44P	8.42 H
29 M	7:01A	-0.88 L	2:00P	6.34 H	6:30P	3.82 L		
30 Tu	12:21A	8.44 H	7:36A	-0.98 L	2:34P	6.43 H	7:09P	3.72 L

JULY 2026

Date	Time	Ht.	Time	Ht.	Time	Ht.	Time	Ht.
1 W	12:59A	8.39 H	8:11A	-1.00 L	3:07P	6.52 H	7:49P	3.62 L
2 Th	1:36A	8.22 H	8:44A	-0.93 L	3:39P	6.63 H	8:31P	3.50 L
3 F	2:14A	7.93 H	9:17A	-0.72 L	4:12P	6.79 H	9:18P	3.34 L
4 Sa	2:56A	7.50 H	9:50A	-0.36 L	4:44P	7.00 H	10:09P	3.09 L
5 Su	3:42A	6.94 H	10:23A	0.16 L	5:17P	7.28 H	11:07P	2.72 L
6 M	4:38A	6.30 H	10:59A	0.81 L	5:52P	7.62 H		
7 Tu	12:11A	2.20 L	5:48A	5.69 H	11:39A	1.56 L	6:30P	8.01 H
8 W	1:18A	1.52 L	7:12A	5.29 H	12:26P	2.32 L	7:14P	8.42 H
9 Th	2:25A	0.71 L	8:45A	5.24 H	1:22P	2.99 L	8:04P	8.84 H
10 F	3:28A	-0.15 L	10:10A	5.54 H	2:28P	3.46 L	8:58P	9.26 H
11 Sa	4:26A	-0.96 L	11:19A	6.00 H	3:37P	3.65 L	9:55P	9.65 H
12 Su	5:20A	-1.64 L	12:15P	6.46 H	4:42P	3.58 L	10:52P	9.97 H
13 M	6:11A	-2.12 L	1:03P	6.86 H	5:43P	3.33 L	11:48P	10.12 H
14 Tu	7:00A	-2.35 L	1:48P	7.20 H	6:40P	3.00 L		
15 W	12:42A	10.04 H	7:46A	-2.29 L	2:30P	7.49 H	7:36P	2.65 L
16 Th	1:34A	9.66 H	8:30A	-1.95 L	3:12P	7.74 H	8:32P	2.35 L
17 F	2:27A	9.01 H	9:12A	-1.34 L	3:53P	7.94 H	9:29P	2.10 L
18 Sa	3:20A	8.14 H	9:52A	-0.52 L	4:33P	8.08 H	10:28P	1.90 L
19 Su	4:17A	7.16 H	10:32A	0.44 L	5:14P	8.14 H	11:31P	1.71 L
20 M	5:21A	6.23 H	11:12A	1.45 L	5:55P	8.12 H		
21 Tu	12:38A	1.49 L	6:36A	5.51 H	11:55A	2.41 L	6:39P	8.05 H
22 W	1:47A	1.23 L	8:07A	5.16 H	12:44P	3.23 L	7:26P	7.96 H
23 Th	2:53A	0.91 L	9:42A	5.23 H	1:45P	3.83 L	8:16P	7.92 H
24 F	3:52A	0.57 L	10:57A	5.53 H	2:53P	4.15 L	9:09P	7.96 H
25 Sa	4:43A	0.23 L	11:50A	5.85 H	3:57P	4.20 L	10:00P	8.08 H
26 Su	5:26A	-0.09 L	12:29P	6.12 H	4:49P	4.07 L	10:46P	8.26 H
27 M	6:05A	-0.37 L	1:01P	6.33 H	5:34P	3.84 L	11:28P	8.43 H
28 Tu	6:40A	-0.60 L	1:30P	6.54 H	6:14P	3.58 L		
29 W	12:08A	8.54 H	7:12A	-0.75 L	1:58P	6.75 H	6:53P	3.30 L
30 Th	12:46A	8.52 H	7:43A	-0.77 L	2:26P	6.99 H	7:33P	3.01 L
31 F	1:24A	8.37 H	8:13A	-0.62 L	2:53P	7.25 H	8:14P	2.79 L

AUGUST 2026

Date	Time	Ht.	Time	Ht.	Time	Ht.	Time	Ht.
1 Sa	2:03A	8.05 H	8:42A	-0.29 L	3:21P	7.53 H	8:58P	2.39 L
2 Su	2:46A	7.59 H	9:12A	0.23 L	3:49P	7.81 H	9:45P	2.05 L
3 M	3:35A	7.01 H	9:44A	0.90 L	4:20P	8.08 H	10:38P	1.69 L
4 Tu	4:31A	6.37 H	10:18A	1.68 L	4:56P	8.32 H	11:38P	1.32 L
5 W	5:41A	5.76 H	10:57A	2.47 L	5:38P	8.51 H		
6 Th	12:47A	0.90 L	7:09A	5.38 H	11:47A	3.20 L	6:30P	8.67 H
7 F	1:59A	0.40 L	8:47A	5.39 H	12:54P	3.75 L	7:32P	8.84 H
8 Sa	3:10A	-0.18 L	10:10A	5.75 H	2:16P	3.98 L	8:40P	9.08 H
9 Su	4:13A	-0.77 L	11:11A	6.23 H	3:35P	3.83 L	9:47P	9.37 H
10 M	5:08A	-1.27 L	11:59A	6.71 H	4:42P	3.41 L	10:48P	9.63 H
11 Tu	5:57A	-1.58 L	12:40P	7.18 H	5:41P	2.85 L	11:44P	9.73 H
12 W	6:41A	-1.64 L	1:18P	7.61 H	6:35P	2.29 L		
13 Th	12:37A	9.59 H	7:22A	-1.43 L	1:55P	7.98 H	7:26P	1.79 L
14 F	1:27A	9.19 H	8:01A	-0.94 L	2:30P	8.27 H	8:16P	1.41 L
15 Sa	2:17A	8.56 H	8:38A	-0.23 L	3:05P	8.44 H	9:06P	1.17 L
16 Su	3:08A	7.79 H	9:13A	0.63 L	3:40P	8.46 H	9:57P	1.07 L
17 M	4:01A	6.97 H	9:49A	1.57 L	4:16P	8.34 H	10:51P	1.09 L
18 Tu	5:01A	6.21 H	10:25A	2.48 L	4:53P	8.12 H	11:50P	1.17 L
19 W	6:13A	5.62 H	11:06A	3.29 L	5:36P	7.84 H		
20 Th	12:56A	1.23 L	7:45A	5.34 H	11:57A	3.93 L	6:28P	7.58 H
21 F	2:08A	1.17 L	9:24A	5.42 H	1:10P	4.32 L	7:31P	7.43 H
22 Sa	3:15A	0.95 L	10:35A	5.69 H	2:35P	4.39 L	8:38P	7.48 H
23 Su	4:11A	0.64 L	11:20A	5.98 H	3:43P	4.18 L	9:37P	7.69 H
24 M	4:56A	0.30 L	11:52A	6.26 H	4:34P	3.82 L	10:28P	7.96 H
25 Tu	5:34A	-0.01 L	12:20P	6.55 H	5:18P	3.38 L	11:12P	8.20 H
26 W	6:07A	-0.22 L	12:45P	6.88 H	6:57P	2.91 L	11:53P	8.34 H
27 Th	6:37A	-0.29 L	1:10P	7.24 H	7:35P	2.41 L		
28 F	12:33A	8.35 H	7:07A	-0.19 L	1:35P	7.61 H	7:14P	1.92 L
29 Sa	1:13A	8.22 H	7:36A	0.10 L	2:00P	7.98 H	7:54P	1.44 L
30 Su	1:56A	7.94 H	8:05A	0.58 L	2:27P	8.31 H	8:36P	1.02 L
31 M	2:42A	7.53 H	8:36A	1.21 L	2:57P	8.57 H	9:22P	0.70 L

SEPTEMBER 2026

Date	Time	Ht.	Time	Ht.	Time	Ht.	Time	Ht.
1 Tu	3:33A	7.00 H	9:09A	1.92 L	3:30P	8.72 H	10:13P	0.50 L
2 W	4:32A	6.42 H	9:46A	2.65 L	4:09P	8.75 H	11:13P	0.40 L
3 Th	5:45A	5.91 H	10:31A	3.33 L	4:58P	8.65 H		
4 F	1:22A	0.32 L	7:15A	5.65 H	11:31A	3.87 L	6:00P	8.50 H
5 Sa	1:39A	0.15 L	8:48A	5.77 H	12:56P	4.14 L	7:16P	8.41 H
6 Su	2:53A	-0.15 L	9:59A	6.17 H	2:28P	3.97 L	8:34P	8.50 H
7 M	3:55A	-0.49 L	10:50A	6.66 H	3:25P	3.43 L	9:45P	8.70 H
8 Tu	4:48A	-0.72 L	11:30A	7.17 H	4:46P	2.70 L	10:47P	8.87 H
9 W	5:33A	-0.77 L	12:07P	7.68 H	5:39P	1.94 L	11:42P	8.89 H
10 Th	6:14A	-0.59 L	12:40P	8.14 H	6:27P	1.25 L		
11 F	12:33A	8.73 H	8:51A	-0.19 L	1:13P	8.49 H	7:13P	0.71 L
12 Sa	1:21A	8.39 H	7:27A	0.41 L	1:44P	8.70 H	7:57P	0.36 L
13 Su	2:09A	7.92 H	8:01A	1.13 L	2:15P	8.74 H	8:40P	0.22 L
14 M	2:57A	7.38 H	8:34A	1.91 L	2:46P	8.61 H	9:24P	0.28 L
15 Tu	3:48A	6.81 H	9:08A	2.67 L	3:18P	8.34 H	10:10P	0.49 L
16 W	4:44A	6.27 H	9:44A	3.35 L	3:53P	7.96 H	11:02P	0.79 L
17 Th	5:52A	5.82 H	10:25A	3.92 L	4:35P	7.55 H		
18 F	12:04A	1.07 L	7:19A	5.58 H	11:21A	4.33 L	5:30P	7.16 H
19 Sa	1:16A	1.21 L	8:49A	5.64 H	12:47P	4.50 L	6:43P	6.92 H
20 Su	2:27A	1.13 L	9:52A	5.87 H	2:19P	4.33 L	8:01P	6.91 H
21 M	3:26A	0.90 L	10:32A	6.17 H	3:26P	3.90 L	9:08P	7.11 H
22 Tu	4:12A	0.65 L	11:02A	6.52 H	4:15P	3.33 L	10:03P	7.37 H
23 W	4:49A	0.46 L	11:27A	6.93 H	4:57P	2.67 L	10:51P	7.62 H
24 Th	5:22A	0.40 L	11:51A	7.40 H	5:36P	1.96 L	11:36P	7.80 H
25 F	5:54A	0.49 L	12:16P	7.89 H	6:14P	1.24 L		
26 Sa	12:20A	7.89 H	6:25A	0.75 L	12:41P	8.37 H	6:53P	0.55 L
27 Su	1:05A	7.86 H	6:56A	1.16 L	1:09P	8.79 H	7:33P	-0.02 L
28 M	1:51A	7.70 H	7:29A	1.69 L	1:39P	9.10 H	8:16P	-0.43 L
29 Tu	2:41A	7.40 H	8:04A	2.28 L	2:13P	9.25 H	9:02P	-0.61 L
30 W	3:36A	6.99 H	8:42A	2.88 L	2:51P	9.21 H	9:55P	-0.59 L