

Rockland Tides

OCTOBER 2026

Bold: high tide. Plain: low tide. Feet above MLLW.
Times: ET. Shaded: night. Moon: new, quarter, full.

DAY	12A	6A	NOON	6P	12A	HIGH AND LOW TIDES, TIME AND FEET				SUNRISE, SUNSET
Thu 1						2:30a 10.1	8:32a 0.6	2:42p 11.2	9:15p -0.5	6:34a 6:17p
Fri 2						3:26a 9.7	9:27a 0.9	3:38p 11.0	10:16p -0.3	6:35a 6:15p
Sat 3						4:30a 9.4	10:29a 1.2	4:43p 10.8	11:22p -0.1	6:36a 6:13p
Sun 4						5:43a 9.3	11:38a 1.3	5:57p 10.6		6:37a 6:11p
Mon 5						12:31a 0.0	6:55a 9.4	12:49p 1.2	7:11p 10.7	6:38a 6:09p
Tue 6						1:38a -0.1	8:00a 9.8	1:58p 0.8	8:18p 10.8	6:40a 6:08p
Wed 7						2:38a -0.3	8:59a 10.3	3:00p 0.4	9:18p 11.0	6:41a 6:06p
Thu 8						3:33a -0.4	9:51a 10.7	3:56p -0.1	10:12p 11.1	6:42a 6:04p
Fri 9						4:22a -0.4	10:39a 11.0	4:47p -0.4	11:03p 11.0	6:43a 6:02p
Sat 10						5:08a -0.3	11:24a 11.2	5:34p -0.5	11:49p 10.8	6:45a 6:00p
Sun 11						5:50a 0.0	12:05p 11.1	6:18p -0.5		6:46a 5:59p
Mon 12						12:34a 10.4	6:30a 0.4	12:44p 10.9	7:00p -0.3	6:47a 5:57p
Tue 13						1:16a 10.0	7:09a 0.8	1:22p 10.6	7:41p 0.0	6:48a 5:55p
Wed 14						1:58a 9.5	7:48a 1.3	1:58p 10.3	8:23p 0.4	6:49a 5:54p
Thu 15						2:40a 9.1	8:28a 1.7	2:37p 9.9	9:07p 0.8	6:51a 5:52p
Fri 16						3:24a 8.7	9:12a 2.1	3:20p 9.5	9:54p 1.1	6:52a 5:50p
Sat 17						4:13a 8.4	10:01a 2.4	4:09p 9.2	10:47p 1.4	6:53a 5:49p
Sun 18						5:08a 8.2	10:55a 2.6	5:06p 9.1	11:42p 1.5	6:54a 5:47p
Mon 19						6:07a 8.2	11:54a 2.5	6:07p 9.0		6:56a 5:45p
Tue 20						12:38a 1.5	7:03a 8.4	12:53p 2.3	7:07p 9.1	6:57a 5:44p
Wed 21						1:31a 1.3	7:54a 8.8	1:48p 1.9	8:02p 9.4	6:58a 5:42p
Thu 22						2:19a 1.1	8:39a 9.2	2:39p 1.4	8:51p 9.6	7:00a 5:40p
Fri 23						3:03a 0.8	9:19a 9.8	3:26p 0.8	9:37p 9.9	7:01a 5:39p
Sat 24						3:45a 0.5	9:57a 10.4	4:10p 0.2	10:21p 10.2	7:02a 5:37p
Sun 25						4:25a 0.3	10:35a 10.9	4:54p -0.4	11:04p 10.4	7:03a 5:36p
Mon 26						5:07a 0.2	11:15a 11.4	5:39p -0.9	11:49p 10.5	7:05a 5:34p
Tue 27						5:50a 0.1	11:58a 11.7	6:26p -1.2		7:06a 5:33p
Wed 28						12:36a 10.5	6:35a 0.2	12:43p 11.9	7:15p -1.3	7:07a 5:31p
Thu 29						1:26a 10.4	7:23a 0.3	1:33p 11.8	8:07p -1.2	7:09a 5:30p
Fri 30						2:20a 10.1	8:16a 0.5	2:27p 11.6	9:04p -0.9	7:10a 5:29p
Sat 31						3:19a 9.9	9:15a 0.8	3:28p 11.3	10:05p -0.6	7:11a 5:27p

