

| 日 | 曜日 | 旧暦 | 月 | 満潮 | | | | 干潮 | | | |
|----|----|------|---|-------|----|-------|----|-------|----|-------|----|
| | | | | 時刻 | 潮高 | 時刻 | 潮高 | 時刻 | 潮高 | 時刻 | 潮高 |
| 1 | 火 | 3/16 | | 11:29 | 76 | 00:12 | 66 | 05:32 | 27 | 18:03 | 17 |
| 2 | 水 | | | 11:55 | 75 | 00:46 | 63 | 06:01 | 30 | 18:37 | 19 |
| 3 | 木 | | | 12:20 | 74 | | | 06:29 | 32 | 19:11 | 21 |
| 4 | 金 | | | 01:20 | 60 | 12:45 | 72 | 06:56 | 35 | 19:46 | 24 |
| 5 | 土 | | | 01:57 | 56 | 13:13 | 69 | 07:24 | 38 | 20:26 | 27 |
| 6 | 日 | | | 02:42 | 53 | 15:48 | 65 | 07:56 | 41 | 21:15 | 30 |
| 7 | 月 | | | 03:49 | 50 | 14:42 | 60 | 08:47 | 43 | 22:18 | 33 |
| 8 | 火 | | ☾ | 05:33 | 49 | 16:12 | 57 | 10:23 | 44 | 23:39 | 34 |
| 9 | 水 | | | 07:15 | 51 | 17:49 | 56 | 12:13 | 42 | | |
| 10 | 木 | | | 08:02 | 54 | 19:13 | 57 | 01:04 | 33 | 13:35 | 38 |
| 11 | 金 | | | 08:35 | 59 | 20:15 | 60 | 02:03 | 32 | 14:28 | 32 |
| 12 | 土 | | | 09:05 | 64 | 21:05 | 64 | 02:45 | 30 | 15:11 | 27 |
| 13 | 日 | | | 09:36 | 69 | 21:50 | 67 | 03:22 | 28 | 15:52 | 22 |
| 14 | 月 | | | 10:07 | 73 | 22:33 | 70 | 03:59 | 27 | 16:32 | 18 |
| 15 | 火 | 4/1 | ● | 10:40 | 77 | 23:15 | 71 | 04:35 | 27 | 17:14 | 15 |
| 16 | 水 | | | 11:14 | 80 | 23:59 | 71 | 05:12 | 28 | 17:57 | 13 |
| 17 | 木 | | | 11:49 | 81 | 00:44 | 69 | 05:48 | 30 | 18:42 | 13 |
| 18 | 金 | | | 12:27 | 80 | | | 06:24 | 33 | 19:29 | 15 |
| 19 | 土 | | | 01:32 | 65 | 13:09 | 77 | 07:01 | 36 | 20:21 | 19 |
| 20 | 日 | | | 02:25 | 61 | 13:59 | 73 | 07:43 | 39 | 21:18 | 23 |
| 21 | 月 | | | 03:28 | 57 | 15:04 | 69 | 08:39 | 42 | 22:22 | 27 |
| 22 | 火 | | ☾ | 04:43 | 56 | 16:28 | 64 | 09:59 | 44 | 23:34 | 31 |
| 23 | 水 | | | 06:11 | 57 | 18:03 | 63 | 11:47 | 43 | 00:49 | 33 |
| 24 | 木 | | | 07:24 | 60 | 19:30 | 63 | 13:29 | 39 | | |
| 25 | 金 | | | 08:14 | 65 | 20:34 | 64 | 01:51 | 33 | 14:32 | 33 |
| 26 | 土 | | | 08:53 | 69 | 21:24 | 66 | 02:38 | 34 | 15:19 | 29 |
| 27 | 日 | | | 09:28 | 73 | 22:07 | 66 | 03:17 | 34 | 16:00 | 26 |
| 28 | 月 | | | 10:01 | 76 | 22:46 | 67 | 03:53 | 34 | 16:38 | 24 |
| 29 | 火 | 4/15 | ○ | 10:32 | 78 | 23:23 | 67 | 04:27 | 35 | 17:13 | 23 |
| 30 | 水 | | | 11:01 | 79 | 23:58 | 67 | 05:00 | 35 | 17:48 | 23 |
| 31 | 木 | | | 11:30 | 79 | 00:33 | 66 | 05:32 | 36 | 18:22 | 23 |