1. Current and 7-day forecast

http://marine.weather.gov/MapClick.php?lon=-73.48495987705671&lat=41.04532091760987

(Long Island Sound West of New Haven/Port Jefferson)

2. Coastal waters forecast

ftp://tgftp.nws.noaa.gov/data/raw/fz/fzus51.kokx.cwf.okx.txt https://www.weather.gov/marine/okxmz (Coastal Marine Zone Forecasts by the New York, NY Forecast Office)

3. Graphical forecast

graphical.weather.gov/sectors/okxMarineDay.php

4. Marine Forecasts and Products

https://www.weather.gov/marine/forecast