

































Biddeford Pool, ME - Jan 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	10:54	11.1	11:34	9.5	4:44	0.2	5:29	-1.3	7:14	4:15	
2	Sat	11:45	11.3			5:36	-0.1	6:18	-1.5	7:14	4:16	
3	Sun	12:24	9.8	12:37	11.2	6:29	-0.4	7:07	-1.5	7:14	4:17	
4	Mon	1:16	10.1	1:32	10.9	7:24	-0.5	7:59	-1.3	7:14	4:18	
5	Tue	2:09	10.2	2:28	10.5	8:21	-0.4	8:51	-1.0	7:14	4:19	
6	Wed	3:05	10.2	3:27	9.9	9:21	-0.3	9:46	-0.5	7:13	4:20	
7	Thu	4:01	10.2	4:29	9.3	10:24	-0.1	10:44	0.0	7:13	4:21	
8	Fri	5:01	10.0	5:34	8.7	11:28	0.1	11:44	0.5	7:13	4:22	
9	Sat	6:03	9.8	6:41	8.4			12:33	0.2	7:13	4:23	
10	Sun	7:04	9.7	7:45	8.1	12:45	0.8	1:35	0.2	7:13	4:24	
11	Mon	8:02	9.6	8:44	8.1	1:44	1.1	2:33	0.3	7:12	4:26	
12	Tue	8:56	9.5	9:37	8.0	2:39	1.2	3:26	0.3	7:12	4:27	
13	Wed	9:44	9.5	10:23	8.0	3:29	1.3	4:13	0.3	7:11	4:28	
14	Thu	10:27	9.4	11:03	8.1	4:15	1.4	4:55	0.3	7:11	4:29	
15	Fri	11:05	9.4	11:38	8.1	4:56	1.4	5:33	0.3	7:11	4:30	
16	Sat	11:39	9.3			5:34	1.4	6:08	0.4	7:10	4:31	
17	Sun	12:11	8.2	12:13	9.2	6:11	1.3	6:42	0.5	7:09	4:33	
18	Mon	12:44	8.3	12:48	9.1	6:48	1.3	7:16	0.5	7:09	4:34	
19	Tue	1:18	8.4	1:25	8.9	7:26	1.3	7:51	0.7	7:08	4:35	
20	Wed	1:54	8.6	2:06	8.7	8:07	1.2	8:28	0.9	7:08	4:36	
21	Thu	2:34	8.7	2:50	8.4	8:51	1.3	9:08	1.1	7:07	4:38	
22	Fri	3:17	8.7	3:39	8.1	9:40	1.3	9:53	1.3	7:06	4:39	
23	Sat	4:04	8.8	4:32	7.9	10:35	1.3	10:44	1.5	7:05	4:40	
24	Sun	4:56	8.9	5:31	7.7	11:35	1.1	11:41	1.6	7:04	4:42	
25	Mon	5:54	9.1	6:35	7.7			12:37	0.9	7:04	4:43	
26	Tue	6:54	9.4	7:38	7.9	12:41	1.5	1:37	0.5	7:03	4:44	
27	Wed	7:54	9.8	8:38	8.3	1:40	1.3	2:34	0.0	7:02	4:46	
28	Thu	8:51	10.3	9:34	8.8	2:38	0.8	3:29	-0.5	7:01	4:47	
29	Fri	9:47	10.8	10:26	9.4	3:35	0.3	4:20	-1.0	7:00	4:48	
30	Sat	10:40	11.2	11:16	10.0	4:30	-0.2	5:10	-1.4	6:59	4:50	
31	Sun	11:32	11.3			5:23	-0.6	5:58	-1.6	6:58	4:51	