
































Biddeford Pool, ME - Jan 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	6:37	9.6	7:12	8.4	12:19	0.5	1:04	0.3	7:14	4:15	
2	Mon	7:34	9.6	8:12	8.2	1:16	0.8	2:02	0.3	7:14	4:16	
3	Tue	8:27	9.6	9:07	8.1	2:10	1.1	2:56	0.2	7:14	4:17	
4	Wed	9:15	9.5	9:56	8.0	3:00	1.3	3:45	0.3	7:14	4:18	
5	Thu	9:59	9.4	10:39	7.9	3:47	1.5	4:30	0.3	7:14	4:19	
6	Fri	10:39	9.3	11:18	7.9	4:30	1.6	5:11	0.4	7:13	4:20	
7	Sat	11:16	9.3	11:53	7.8	5:09	1.6	5:49	0.4	7:13	4:21	
8	Sun	11:50	9.2			5:46	1.6	6:25	0.5	7:13	4:22	
9	Mon	12:27	7.9	12:25	9.2	6:23	1.6	7:00	0.5	7:13	4:23	
10	Tue	1:02	7.9	1:02	9.1	7:01	1.6	7:36	0.6	7:13	4:24	
11	Wed	1:39	8.0	1:42	8.9	7:41	1.6	8:14	0.7	7:12	4:25	
12	Thu	2:18	8.2	2:25	8.7	8:24	1.6	8:53	0.9	7:12	4:27	
13	Fri	3:00	8.3	3:12	8.5	9:12	1.6	9:36	1.1	7:11	4:28	
14	Sat	3:45	8.5	4:03	8.2	10:04	1.5	10:22	1.2	7:11	4:29	
15	Sun	4:33	8.6	4:58	8.0	11:01	1.4	11:14	1.4	7:11	4:30	
16	Mon	5:26	8.9	5:59	7.9			12:01	1.1	7:10	4:31	
17	Tue	6:22	9.2	7:02	7.9	12:09	1.5	1:01	0.7	7:09	4:32	
18	Wed	7:19	9.6	8:03	8.1	1:06	1.4	2:00	0.3	7:09	4:34	
19	Thu	8:16	10.0	9:02	8.4	2:03	1.2	2:57	-0.2	7:08	4:35	
20	Fri	9:13	10.5	9:58	8.8	3:00	0.8	3:52	-0.7	7:08	4:36	
21	Sat	10:08	11.0	10:51	9.2	3:56	0.5	4:45	-1.1	7:07	4:38	
22	Sun	11:02	11.3	11:42	9.6	4:51	0.1	5:36	-1.4	7:06	4:39	
23	Mon	11:54	11.3			5:44	-0.3	6:26	-1.5	7:05	4:40	
24	Tue	12:33	9.9	12:47	11.2	6:38	-0.4	7:16	-1.4	7:05	4:41	
25	Wed	1:25	10.1	1:41	10.8	7:33	-0.5	8:06	-1.1	7:04	4:43	
26	Thu	2:17	10.1	2:37	10.2	8:29	-0.3	8:57	-0.7	7:03	4:44	
27	Fri	3:11	10.1	3:34	9.5	9:27	-0.1	9:50	-0.1	7:02	4:45	
28	Sat	4:05	9.9	4:34	8.9	10:28	0.2	10:46	0.5	7:01	4:47	
29	Sun	5:02	9.6	5:37	8.3	11:31	0.4	11:45	1.0	7:00	4:48	
30	Mon	6:02	9.4	6:43	7.9			12:34	0.6	6:59	4:49	
31	Tue	7:02	9.2	7:45	7.7	12:44	1.4	1:34	0.7	6:58	4:51	