
































## Biddeford Pool, ME - Jun 2023

| Date |     | High  |      |       |      | Low   |      |       |      |  |      |    |
|------|-----|-------|------|-------|------|-------|------|-------|------|---|------|---|
|      |     | AM    | ft   | PM    | ft   | AM    | ft   | PM    | ft   | Rise  | Set  | Moon  |
| 1    | Thu | 9:46  | 8.2  | 9:57  | 9.3  | 3:43  | 0.8  | 3:50  | 1.3  | 5:03  | 8:15 |    |
| 2    | Fri | 10:32 | 8.3  | 10:39 | 9.8  | 4:29  | 0.3  | 4:32  | 1.1  | 5:02  | 8:15 |    |
| 3    | Sat | 11:17 | 8.5  | 11:22 | 10.1 | 5:13  | -0.1 | 5:15  | 1.0  | 5:02  | 8:16 |    |
| 4    | Sun |       |      | 12:02 | 8.7  | 5:58  | -0.5 | 6:00  | 0.8  | 5:02  | 8:17 |    |
| 5    | Mon | 12:06 | 10.5 | 12:48 | 8.8  | 6:44  | -0.7 | 6:46  | 0.7  | 5:01  | 8:18 |    |
| 6    | Tue | 12:54 | 10.7 | 1:38  | 8.9  | 7:32  | -0.9 | 7:36  | 0.6  | 5:01  | 8:18 |    |
| 7    | Wed | 1:45  | 10.7 | 2:31  | 9.0  | 8:24  | -0.9 | 8:31  | 0.6  | 5:01  | 8:19 |    |
| 8    | Thu | 2:40  | 10.6 | 3:27  | 9.1  | 9:18  | -0.9 | 9:30  | 0.6  | 5:00  | 8:20 |    |
| 9    | Fri | 3:39  | 10.3 | 4:26  | 9.2  | 10:14 | -0.7 | 10:33 | 0.6  | 5:00  | 8:20 |    |
| 10   | Sat | 4:41  | 10.0 | 5:27  | 9.3  | 11:13 | -0.5 | 11:40 | 0.6  | 5:00  | 8:21 |    |
| 11   | Sun | 5:46  | 9.6  | 6:29  | 9.5  |       |      | 12:13 | -0.2 | 5:00  | 8:21 |    |
| 12   | Mon | 6:53  | 9.3  | 7:30  | 9.7  | 12:47 | 0.4  | 1:13  | 0.0  | 5:00  | 8:22 |   |
| 13   | Tue | 7:59  | 9.0  | 8:28  | 9.9  | 1:52  | 0.2  | 2:10  | 0.2  | 5:00  | 8:22 |  |
| 14   | Wed | 9:01  | 8.8  | 9:22  | 10.1 | 2:52  | -0.1 | 3:05  | 0.4  | 4:59  | 8:23 |  |
| 15   | Thu | 9:58  | 8.7  | 10:12 | 10.1 | 3:49  | -0.2 | 3:57  | 0.7  | 4:59  | 8:23 |  |
| 16   | Fri | 10:51 | 8.6  | 10:59 | 10.0 | 4:41  | -0.3 | 4:46  | 0.9  | 4:59  | 8:24 |  |
| 17   | Sat | 11:39 | 8.4  | 11:42 | 9.8  | 5:29  | -0.3 | 5:32  | 1.1  | 5:00  | 8:24 |  |
| 18   | Sun |       |      | 12:22 | 8.2  | 6:14  | -0.1 | 6:15  | 1.3  | 5:00  | 8:24 |  |
| 19   | Mon | 12:22 | 9.7  | 1:02  | 8.1  | 6:55  | 0.0  | 6:55  | 1.5  | 5:00  | 8:25 |  |
| 20   | Tue | 1:00  | 9.5  | 1:41  | 8.0  | 7:35  | 0.2  | 7:35  | 1.6  | 5:00  | 8:25 |  |
| 21   | Wed | 1:39  | 9.3  | 2:20  | 7.9  | 8:15  | 0.4  | 8:16  | 1.7  | 5:00  | 8:25 |  |
| 22   | Thu | 2:18  | 9.1  | 3:01  | 7.9  | 8:55  | 0.6  | 8:59  | 1.8  | 5:00  | 8:25 |  |
| 23   | Fri | 3:01  | 8.9  | 3:43  | 7.9  | 9:37  | 0.8  | 9:45  | 1.9  | 5:01  | 8:26 |  |
| 24   | Sat | 3:46  | 8.6  | 4:28  | 8.0  | 10:20 | 0.9  | 10:35 | 1.9  | 5:01  | 8:26 |  |
| 25   | Sun | 4:34  | 8.4  | 5:14  | 8.1  | 11:05 | 1.1  | 11:29 | 1.9  | 5:01  | 8:26 |  |
| 26   | Mon | 5:26  | 8.1  | 6:02  | 8.2  | 11:53 | 1.3  |       |      | 5:02  | 8:26 |  |
| 27   | Tue | 6:20  | 7.9  | 6:52  | 8.5  | 12:25 | 1.7  | 12:42 | 1.4  | 5:02  | 8:26 |  |
| 28   | Wed | 7:17  | 7.8  | 7:42  | 8.8  | 1:21  | 1.5  | 1:32  | 1.5  | 5:03  | 8:26 |  |
| 29   | Thu | 8:13  | 7.8  | 8:31  | 9.1  | 2:15  | 1.1  | 2:21  | 1.5  | 5:03  | 8:26 |  |
| 30   | Fri | 9:08  | 7.9  | 9:20  | 9.5  | 3:07  | 0.7  | 3:09  | 1.4  | 5:03  | 8:26 |  |