




















Biddeford Pool, ME - Jul 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	4:10	9.1	4:48	8.7	10:35	0.4	11:00	1.2	5:04	8:26	
2	Wed	5:03	8.6	5:38	8.7	11:24	0.8	11:56	1.3	5:05	8:25	
3	Thu	5:58	8.1	6:29	8.6			12:15	1.2	5:05	8:25	
4	Fri	6:56	7.8	7:21	8.6	12:54	1.4	1:06	1.5	5:06	8:25	
5	Sat	7:54	7.6	8:11	8.6	1:50	1.3	1:58	1.7	5:07	8:25	
6	Sun	8:49	7.4	9:00	8.7	2:43	1.2	2:47	1.9	5:07	8:24	
7	Mon	9:41	7.4	9:46	8.8	3:33	1.0	3:34	1.9	5:08	8:24	
8	Tue	10:28	7.5	10:28	9.0	4:21	0.9	4:19	1.9	5:09	8:23	
9	Wed	11:10	7.6	11:09	9.2	5:05	0.7	5:02	1.8	5:10	8:23	
10	Thu	11:49	7.8	11:48	9.4	5:46	0.5	5:42	1.7	5:10	8:23	
11	Fri			12:27	8.0	6:25	0.3	6:22	1.5	5:11	8:22	
12	Sat	12:26	9.6	1:04	8.2	7:03	0.1	7:03	1.3	5:12	8:21	
13	Sun	1:07	9.8	1:44	8.5	7:42	0.0	7:46	1.0	5:13	8:21	
14	Mon	1:50	9.8	2:27	8.9	8:22	-0.1	8:32	0.8	5:14	8:20	
15	Tue	2:37	9.8	3:13	9.2	9:05	-0.2	9:23	0.6	5:14	8:20	
16	Wed	3:27	9.6	4:02	9.5	9:51	-0.1	10:19	0.5	5:15	8:19	
17	Thu	4:22	9.3	4:54	9.7	10:41	0.1	11:18	0.3	5:16	8:18	
18	Fri	5:20	8.9	5:50	9.9	11:36	0.4			5:17	8:17	
19	Sat	6:24	8.6	6:50	10.0	12:22	0.2	12:35	0.6	5:18	8:17	
20	Sun	7:31	8.4	7:53	10.1	1:28	0.0	1:37	0.8	5:19	8:16	
21	Mon	8:38	8.4	8:55	10.3	2:32	-0.2	2:39	0.8	5:20	8:15	
22	Tue	9:42	8.5	9:55	10.5	3:33	-0.4	3:39	0.7	5:21	8:14	
23	Wed	10:41	8.6	10:52	10.6	4:32	-0.6	4:37	0.6	5:22	8:13	
24	Thu	11:35	8.8	11:44	10.6	5:26	-0.7	5:32	0.5	5:23	8:12	
25	Fri			12:24	8.9	6:16	-0.7	6:23	0.5	5:24	8:11	
26	Sat	12:33	10.4	1:11	9.0	7:03	-0.6	7:11	0.5	5:25	8:10	
27	Sun	1:19	10.1	1:55	9.0	7:47	-0.4	7:58	0.6	5:26	8:09	
28	Mon	2:04	9.8	2:38	9.0	8:29	-0.1	8:44	0.7	5:27	8:08	
29	Tue	2:49	9.3	3:20	8.9	9:11	0.3	9:31	0.9	5:28	8:07	
30	Wed	3:35	8.8	4:03	8.8	9:53	0.7	10:20	1.1	5:29	8:06	
31	Thu	4:22	8.4	4:48	8.7	10:37	1.1	11:12	1.3	5:30	8:05	