

































## Biddeford Pool, ME - Mar 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	9:16	10.1	9:55	9.1	3:01	0.6	3:44	-0.4	6:17	5:30	
2	Mon	10:10	10.2	10:43	9.4	3:57	0.3	4:33	-0.5	6:15	5:31	
3	Tue	10:58	10.2	11:25	9.6	4:48	0.0	5:17	-0.5	6:13	5:32	
4	Wed	11:42	10.0			5:34	-0.1	5:58	-0.3	6:12	5:34	
5	Thu	12:05	9.7	12:23	9.7	6:17	-0.1	6:37	0.0	6:10	5:35	
6	Fri	12:43	9.6	1:04	9.3	6:59	0.0	7:14	0.4	6:08	5:36	
7	Sat	1:20	9.5	1:44	8.8	7:40	0.2	7:53	0.8	6:06	5:37	
8	Sun	1:58	9.3	3:26	8.4	9:24	0.5	9:34	1.2	7:05	6:39	
9	Mon	3:40	9.0	4:12	7.9	10:09	0.9	10:18	1.7	7:03	6:40	
10	Tue	4:25	8.7	5:02	7.5	11:00	1.2	11:08	2.0	7:01	6:41	
11	Wed	5:16	8.4	5:59	7.2	11:57	1.5			7:00	6:42	
12	Thu	6:14	8.2	7:03	7.1	12:05	2.3	12:59	1.6	6:58	6:43	
13	Fri	7:17	8.2	8:06	7.1	1:07	2.4	2:00	1.5	6:56	6:45	
14	Sat	8:17	8.4	9:01	7.4	2:07	2.2	2:54	1.3	6:54	6:46	
15	Sun	9:11	8.6	9:49	7.8	3:01	2.0	3:42	1.0	6:52	6:47	
16	Mon	9:59	8.9	10:31	8.3	3:50	1.6	4:26	0.7	6:51	6:48	
17	Tue	10:42	9.3	11:09	8.9	4:36	1.1	5:05	0.4	6:49	6:50	
18	Wed	11:24	9.5	11:46	9.4	5:19	0.5	5:43	0.1	6:47	6:51	
19	Thu			12:05	9.8	6:01	0.0	6:21	-0.1	6:45	6:52	
20	Fri	12:24	9.9	12:48	9.8	6:44	-0.4	7:00	-0.2	6:44	6:53	
21	Sat	1:05	10.4	1:33	9.8	7:28	-0.8	7:42	-0.1	6:42	6:54	
22	Sun	1:49	10.6	2:21	9.6	8:16	-0.9	8:28	0.1	6:40	6:56	
23	Mon	2:37	10.6	3:14	9.2	9:08	-0.8	9:19	0.3	6:38	6:57	
24	Tue	3:31	10.5	4:12	8.8	10:06	-0.5	10:17	0.7	6:36	6:58	
25	Wed	4:30	10.2	5:16	8.5	11:09	-0.2	11:22	1.0	6:35	6:59	
26	Thu	5:36	9.9	6:27	8.3			12:17	0.0	6:33	7:00	
27	Fri	6:48	9.6	7:40	8.3	12:33	1.2	1:27	0.1	6:31	7:02	
28	Sat	8:00	9.6	8:46	8.6	1:45	1.1	2:32	0.1	6:29	7:03	
29	Sun	9:06	9.6	9:45	9.0	2:51	0.8	3:30	0.0	6:27	7:04	
30	Mon	10:04	9.7	10:36	9.3	3:51	0.5	4:23	-0.1	6:26	7:05	
31	Tue	10:56	9.6	11:20	9.5	4:44	0.2	5:09	0.0	6:24	7:06	