

































Biddeford Pool, ME - May 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri			12:01	8.6	5:54	0.1	6:01	1.0	5:33	7:43	
2	Sat	12:06	9.5	12:38	8.4	6:32	0.1	6:36	1.3	5:32	7:44	
3	Sun	12:39	9.4	1:13	8.2	7:09	0.2	7:11	1.5	5:30	7:45	
4	Mon	1:12	9.2	1:49	8.0	7:45	0.4	7:47	1.7	5:29	7:46	
5	Tue	1:48	9.1	2:27	7.9	8:24	0.6	8:25	1.8	5:28	7:47	
6	Wed	2:27	9.0	3:09	7.7	9:06	0.8	9:07	2.0	5:27	7:49	
7	Thu	3:12	8.8	3:55	7.6	9:51	0.9	9:55	2.1	5:25	7:50	
8	Fri	4:00	8.6	4:45	7.6	10:40	1.1	10:49	2.2	5:24	7:51	
9	Sat	4:52	8.4	5:39	7.6	11:32	1.2	11:47	2.1	5:23	7:52	
10	Sun	5:48	8.3	6:34	7.9			12:26	1.2	5:22	7:53	
11	Mon	6:47	8.3	7:27	8.3	12:48	1.9	1:19	1.1	5:20	7:54	
12	Tue	7:46	8.4	8:18	8.8	1:46	1.5	2:09	1.0	5:19	7:55	
13	Wed	8:42	8.6	9:06	9.4	2:40	0.9	2:57	0.8	5:18	7:56	
14	Thu	9:36	8.9	9:53	10.0	3:32	0.3	3:44	0.6	5:17	7:58	
15	Fri	10:28	9.1	10:41	10.6	4:23	-0.4	4:32	0.4	5:16	7:59	
16	Sat	11:18	9.3	11:29	11.0	5:13	-0.9	5:20	0.2	5:15	8:00	
17	Sun			12:09	9.4	6:03	-1.3	6:10	0.1	5:14	8:01	
18	Mon	12:18	11.2	1:00	9.5	6:54	-1.5	7:01	0.1	5:13	8:02	
19	Tue	1:10	11.3	1:54	9.4	7:47	-1.5	7:55	0.1	5:12	8:03	
20	Wed	2:05	11.1	2:51	9.3	8:42	-1.3	8:52	0.3	5:11	8:04	
21	Thu	3:03	10.7	3:51	9.1	9:39	-1.0	9:54	0.5	5:10	8:05	
22	Fri	4:04	10.3	4:52	9.1	10:38	-0.6	10:59	0.7	5:09	8:06	
23	Sat	5:08	9.8	5:55	9.1	11:39	-0.2			5:09	8:07	
24	Sun	6:14	9.3	6:57	9.1	12:06	0.8	12:39	0.1	5:08	8:08	
25	Mon	7:20	8.9	7:56	9.3	1:12	0.7	1:38	0.4	5:07	8:09	
26	Tue	8:23	8.7	8:50	9.4	2:14	0.6	2:32	0.6	5:06	8:10	
27	Wed	9:20	8.5	9:38	9.4	3:10	0.4	3:22	0.9	5:06	8:11	
28	Thu	10:11	8.3	10:23	9.4	4:01	0.3	4:09	1.1	5:05	8:11	
29	Fri	10:58	8.2	11:02	9.4	4:48	0.3	4:52	1.3	5:04	8:12	
30	Sat	11:39	8.1	11:39	9.3	5:31	0.3	5:32	1.5	5:04	8:13	
31	Sun			12:16	7.9	6:10	0.4	6:09	1.7	5:03	8:14	