


































## Biddeford Pool, ME - Jan 2030

| Date |     | High  |      |       |      | Low   |      |       |      |  |      |    |
|------|-----|-------|------|-------|------|-------|------|-------|------|---|------|---|
|      |     | AM    | ft   | PM    | ft   | AM    | ft   | PM    | ft   | Rise  | Set  | Moon  |
| 1    | Tue | 8:01  | 10.5 | 8:44  | 8.9  | 1:46  | 0.4  | 2:36  | -0.7 | 7:14  | 4:16 |    |
| 2    | Wed | 8:59  | 10.8 | 9:42  | 9.1  | 2:45  | 0.3  | 3:34  | -1.0 | 7:14  | 4:16 |    |
| 3    | Thu | 9:55  | 11.0 | 10:36 | 9.4  | 3:42  | 0.1  | 4:28  | -1.2 | 7:14  | 4:17 |    |
| 4    | Fri | 10:48 | 11.1 | 11:27 | 9.5  | 4:36  | 0.0  | 5:19  | -1.3 | 7:14  | 4:18 |    |
| 5    | Sat | 11:38 | 11.0 |       |      | 5:28  | -0.1 | 6:07  | -1.2 | 7:14  | 4:19 |    |
| 6    | Sun | 12:16 | 9.6  | 12:27 | 10.7 | 6:19  | -0.1 | 6:54  | -1.0 | 7:13  | 4:20 |    |
| 7    | Mon | 1:03  | 9.6  | 1:15  | 10.2 | 7:08  | 0.1  | 7:40  | -0.6 | 7:13  | 4:21 |    |
| 8    | Tue | 1:50  | 9.5  | 2:03  | 9.7  | 7:58  | 0.3  | 8:26  | -0.2 | 7:13  | 4:22 |    |
| 9    | Wed | 2:37  | 9.3  | 2:53  | 9.2  | 8:49  | 0.6  | 9:12  | 0.3  | 7:13  | 4:23 |    |
| 10   | Thu | 3:25  | 9.1  | 3:43  | 8.6  | 9:41  | 0.9  | 10:01 | 0.7  | 7:12  | 4:25 |    |
| 11   | Fri | 4:14  | 8.9  | 4:37  | 8.1  | 10:36 | 1.1  | 10:52 | 1.2  | 7:12  | 4:26 |    |
| 12   | Sat | 5:06  | 8.8  | 5:35  | 7.8  | 11:34 | 1.2  | 11:46 | 1.5  | 7:12  | 4:27 |   |
| 13   | Sun | 6:00  | 8.7  | 6:35  | 7.5  |       |      | 12:32 | 1.3  | 7:11  | 4:28 |  |
| 14   | Mon | 6:54  | 8.7  | 7:33  | 7.5  | 12:40 | 1.7  | 1:27  | 1.2  | 7:11  | 4:29 |  |
| 15   | Tue | 7:47  | 8.8  | 8:26  | 7.5  | 1:33  | 1.8  | 2:19  | 1.0  | 7:10  | 4:30 |  |
| 16   | Wed | 8:35  | 8.9  | 9:14  | 7.7  | 2:22  | 1.8  | 3:07  | 0.8  | 7:10  | 4:32 |  |
| 17   | Thu | 9:19  | 9.1  | 9:56  | 7.9  | 3:09  | 1.7  | 3:52  | 0.6  | 7:09  | 4:33 |  |
| 18   | Fri | 10:00 | 9.3  | 10:35 | 8.1  | 3:52  | 1.5  | 4:32  | 0.4  | 7:09  | 4:34 |  |
| 19   | Sat | 10:38 | 9.6  | 11:11 | 8.4  | 4:33  | 1.3  | 5:10  | 0.1  | 7:08  | 4:35 |  |
| 20   | Sun | 11:16 | 9.8  | 11:48 | 8.8  | 5:13  | 1.0  | 5:47  | -0.1 | 7:07  | 4:37 |  |
| 21   | Mon | 11:55 | 9.9  |       |      | 5:52  | 0.7  | 6:24  | -0.3 | 7:07  | 4:38 |  |
| 22   | Tue | 12:26 | 9.1  | 12:37 | 10.0 | 6:34  | 0.4  | 7:03  | -0.3 | 7:06  | 4:39 |  |
| 23   | Wed | 1:07  | 9.5  | 1:23  | 9.9  | 7:20  | 0.2  | 7:45  | -0.3 | 7:05  | 4:40 |  |
| 24   | Thu | 1:53  | 9.8  | 2:12  | 9.7  | 8:09  | 0.1  | 8:31  | -0.2 | 7:04  | 4:42 |  |
| 25   | Fri | 2:42  | 9.9  | 3:06  | 9.4  | 9:03  | 0.0  | 9:22  | 0.1  | 7:03  | 4:43 |  |
| 26   | Sat | 3:35  | 10.0 | 4:05  | 9.0  | 10:03 | 0.1  | 10:19 | 0.3  | 7:03  | 4:44 |  |
| 27   | Sun | 4:33  | 10.0 | 5:09  | 8.7  | 11:07 | 0.1  | 11:21 | 0.6  | 7:02  | 4:46 |  |
| 28   | Mon | 5:36  | 10.0 | 6:19  | 8.5  |       |      | 12:15 | 0.0  | 7:01  | 4:47 |  |
| 29   | Tue | 6:43  | 10.1 | 7:28  | 8.5  | 12:27 | 0.7  | 1:21  | -0.2 | 7:00  | 4:48 |  |
| 30   | Wed | 7:49  | 10.3 | 8:33  | 8.7  | 1:32  | 0.6  | 2:23  | -0.4 | 6:59  | 4:50 |  |
| 31   | Thu | 8:50  | 10.4 | 9:32  | 9.0  | 2:34  | 0.5  | 3:21  | -0.6 | 6:58  | 4:51 |  |