US HARBORS www.USHarbors.com

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	