

































Biddeford Pool, ME - Jan 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	3:03	8.6	3:13	8.9	9:09	1.2	9:38	0.6	7:14	4:15	
2	Fri	3:51	8.6	4:05	8.4	10:03	1.4	10:27	1.0	7:14	4:16	
3	Sat	4:41	8.5	5:01	8.0	11:00	1.5	11:18	1.3	7:14	4:17	
4	Sun	5:32	8.5	5:59	7.7	11:58	1.5			7:14	4:18	
5	Mon	6:24	8.5	6:58	7.5	12:10	1.6	12:54	1.4	7:14	4:19	
6	Tue	7:14	8.6	7:53	7.4	1:01	1.8	1:47	1.2	7:13	4:20	
7	Wed	8:03	8.7	8:44	7.4	1:50	1.9	2:37	1.0	7:13	4:21	
8	Thu	8:48	8.9	9:30	7.5	2:37	1.9	3:24	0.8	7:13	4:22	
9	Fri	9:31	9.1	10:12	7.7	3:22	1.9	4:08	0.6	7:13	4:23	
10	Sat	10:11	9.4	10:51	7.9	4:04	1.7	4:49	0.3	7:12	4:24	
11	Sun	10:50	9.6	11:29	8.1	4:45	1.5	5:28	0.1	7:12	4:26	
12	Mon	11:30	9.9			5:25	1.3	6:06	-0.1	7:12	4:27	
13	Tue	12:08	8.4	12:12	10.0	6:07	1.0	6:46	-0.3	7:11	4:28	
14	Wed	12:49	8.8	12:56	10.0	6:51	0.8	7:27	-0.4	7:11	4:29	
15	Thu	1:33	9.1	1:44	9.9	7:39	0.6	8:12	-0.3	7:10	4:30	
16	Fri	2:20	9.4	2:36	9.7	8:32	0.4	9:00	-0.1	7:10	4:31	
17	Sat	3:11	9.6	3:32	9.3	9:29	0.3	9:51	0.1	7:09	4:33	
18	Sun	4:05	9.8	4:33	8.9	10:31	0.3	10:48	0.4	7:09	4:34	
19	Mon	5:03	9.9	5:39	8.5	11:37	0.2	11:50	0.7	7:08	4:35	
20	Tue	6:05	10.0	6:49	8.3			12:43	0.0	7:07	4:36	
21	Wed	7:09	10.1	7:56	8.3	12:53	0.9	1:48	-0.2	7:07	4:38	
22	Thu	8:12	10.2	9:00	8.4	1:55	0.9	2:49	-0.4	7:06	4:39	
23	Fri	9:11	10.3	9:57	8.6	2:55	0.8	3:47	-0.5	7:05	4:40	
24	Sat	10:07	10.4	10:49	8.7	3:52	0.7	4:39	-0.6	7:04	4:42	
25	Sun	10:57	10.4	11:36	8.9	4:45	0.6	5:28	-0.6	7:04	4:43	
26	Mon	11:43	10.2			5:34	0.6	6:12	-0.5	7:03	4:44	
27	Tue	12:20	8.9	12:27	10.0	6:20	0.6	6:54	-0.3	7:02	4:46	
28	Wed	1:01	8.9	1:10	9.6	7:04	0.7	7:34	0.0	7:01	4:47	
29	Thu	1:42	8.9	1:52	9.2	7:49	0.8	8:14	0.4	7:00	4:48	
30	Fri	2:22	8.8	2:36	8.7	8:34	1.0	8:55	0.8	6:59	4:50	
31	Sat	3:04	8.7	3:22	8.3	9:21	1.2	9:38	1.2	6:58	4:51	