

































Biddeford, Saco River, ME - Jan 2016

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	3:53	8.6	4:06	8.4	10:07	1.4	10:31	1.0	7:14	4:15	
2	Sat	4:43	8.5	5:01	8.1	11:03	1.5	11:23	1.2	7:14	4:16	
3	Sun	5:35	8.5	5:59	7.8			12:00	1.5	7:14	4:17	
4	Mon	6:28	8.5	6:57	7.7	12:16	1.4	12:56	1.3	7:14	4:18	
5	Tue	7:19	8.7	7:51	7.8	1:07	1.5	1:48	1.1	7:14	4:19	
6	Wed	8:07	8.9	8:41	7.9	1:56	1.5	2:37	0.8	7:14	4:20	
7	Thu	8:51	9.2	9:26	8.1	2:42	1.4	3:23	0.5	7:14	4:21	
8	Fri	9:33	9.5	10:09	8.3	3:26	1.3	4:06	0.2	7:13	4:22	
9	Sat	10:14	9.8	10:49	8.6	4:09	1.1	4:48	-0.1	7:13	4:23	
10	Sun	10:55	10.1	11:30	8.9	4:51	0.8	5:28	-0.4	7:13	4:24	
11	Mon	11:37	10.4			5:33	0.5	6:10	-0.7	7:13	4:25	
12	Tue	12:12	9.3	12:22	10.5	6:18	0.3	6:53	-0.8	7:12	4:26	
13	Wed	12:57	9.5	1:10	10.5	7:05	0.1	7:39	-0.9	7:12	4:27	
14	Thu	1:46	9.8	2:02	10.4	7:57	0.0	8:29	-0.8	7:11	4:29	
15	Fri	2:38	9.9	2:57	10.1	8:53	-0.1	9:22	-0.6	7:11	4:30	
16	Sat	3:33	10.0	3:57	9.7	9:54	0.0	10:19	-0.3	7:10	4:31	
17	Sun	4:32	10.1	5:01	9.3	10:58	0.0	11:20	0.0	7:10	4:32	
18	Mon	5:35	10.1	6:09	9.0			12:05	-0.1	7:09	4:33	
19	Tue	6:39	10.2	7:18	8.9	12:23	0.2	1:10	-0.2	7:09	4:35	
20	Wed	7:42	10.3	8:22	8.9	1:25	0.3	2:12	-0.4	7:08	4:36	
21	Thu	8:41	10.4	9:20	9.0	2:24	0.3	3:10	-0.6	7:07	4:37	
22	Fri	9:36	10.4	10:14	9.1	3:21	0.3	4:03	-0.7	7:07	4:39	
23	Sat	10:26	10.4	11:01	9.1	4:13	0.3	4:52	-0.7	7:06	4:40	
24	Sun	11:11	10.3	11:45	9.1	5:01	0.3	5:37	-0.6	7:05	4:41	
25	Mon	11:53	10.1			5:46	0.4	6:18	-0.4	7:04	4:42	
26	Tue	12:26	9.0	12:34	9.8	6:29	0.5	6:58	-0.2	7:03	4:44	
27	Wed	1:05	9.0	1:13	9.5	7:10	0.7	7:37	0.1	7:02	4:45	
28	Thu	1:44	8.9	1:54	9.1	7:53	0.9	8:17	0.4	7:01	4:46	
29	Fri	2:24	8.8	2:37	8.8	8:37	1.0	8:59	0.7	7:00	4:48	
30	Sat	3:06	8.7	3:22	8.4	9:24	1.2	9:44	1.1	6:59	4:49	
31	Sun	3:51	8.6	4:12	8.1	10:15	1.4	10:32	1.4	6:58	4:50	