

































Biddeford, Saco River, ME - Jan 2020

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	3:12	8.2	3:19	8.6	9:19	1.7	9:49	0.9	7:14	4:15	
2	Thu	3:59	8.2	4:10	8.2	10:12	1.8	10:38	1.2	7:14	4:16	
3	Fri	4:48	8.2	5:05	7.9	11:08	1.8	11:29	1.4	7:14	4:17	
4	Sat	5:40	8.3	6:03	7.7			12:06	1.6	7:14	4:18	
5	Sun	6:31	8.4	7:01	7.7	12:21	1.6	1:01	1.4	7:14	4:19	
6	Mon	7:21	8.7	7:55	7.7	1:11	1.6	1:53	1.1	7:14	4:20	
7	Tue	8:08	9.0	8:45	7.9	1:59	1.6	2:42	0.8	7:14	4:21	
8	Wed	8:53	9.3	9:31	8.1	2:45	1.5	3:28	0.4	7:13	4:22	
9	Thu	9:37	9.7	10:16	8.4	3:30	1.3	4:13	0.0	7:13	4:23	
10	Fri	10:21	10.1	11:00	8.7	4:14	1.1	4:57	-0.4	7:13	4:24	
11	Sat	11:05	10.5	11:44	9.0	4:59	0.8	5:41	-0.7	7:13	4:25	
12	Sun	11:51	10.7			5:45	0.5	6:26	-1.0	7:12	4:26	
13	Mon	12:30	9.3	12:40	10.8	6:34	0.2	7:13	-1.1	7:12	4:27	
14	Tue	1:19	9.5	1:32	10.7	7:25	0.1	8:03	-1.0	7:11	4:29	
15	Wed	2:11	9.7	2:27	10.4	8:21	0.0	8:55	-0.8	7:11	4:30	
16	Thu	3:06	9.9	3:26	10.0	9:21	0.0	9:50	-0.5	7:10	4:31	
17	Fri	4:03	10.0	4:28	9.5	10:24	0.0	10:48	-0.2	7:10	4:32	
18	Sat	5:03	10.0	5:34	9.1	11:30	0.0	11:50	0.2	7:09	4:33	
19	Sun	6:06	10.0	6:43	8.8			12:36	0.0	7:09	4:35	
20	Mon	7:08	10.1	7:49	8.6	12:51	0.4	1:39	-0.2	7:08	4:36	
21	Tue	8:08	10.1	8:50	8.6	1:51	0.6	2:39	-0.3	7:07	4:37	
22	Wed	9:04	10.1	9:46	8.6	2:48	0.7	3:34	-0.3	7:07	4:39	
23	Thu	9:55	10.1	10:35	8.6	3:41	0.8	4:25	-0.3	7:06	4:40	
24	Fri	10:42	10.0	11:19	8.5	4:30	0.9	5:11	-0.3	7:05	4:41	
25	Sat	11:24	9.8	11:59	8.5	5:15	0.9	5:52	-0.1	7:04	4:42	
26	Sun			12:03	9.6	5:57	1.0	6:31	0.0	7:03	4:44	
27	Mon	12:37	8.5	12:40	9.4	6:36	1.1	7:08	0.2	7:02	4:45	
28	Tue	1:13	8.4	1:18	9.2	7:16	1.2	7:46	0.5	7:01	4:46	
29	Wed	1:50	8.4	1:58	8.9	7:57	1.3	8:24	0.7	7:00	4:48	
30	Thu	2:29	8.4	2:41	8.6	8:41	1.4	9:05	1.0	6:59	4:49	
31	Fri	3:11	8.4	3:27	8.3	9:28	1.4	9:48	1.3	6:58	4:51	