

































## Biddeford, Saco River, ME - Jul 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	12:26	9.2	1:04	7.8	7:02	0.5	6:59	1.7	5:04	8:26	
2	Thu	1:01	9.2	1:39	7.9	7:38	0.5	7:37	1.6	5:05	8:26	
3	Fri	1:38	9.2	2:16	8.1	8:14	0.5	8:17	1.6	5:05	8:25	
4	Sat	2:18	9.2	2:56	8.3	8:51	0.5	9:00	1.4	5:06	8:25	
5	Sun	3:02	9.1	3:38	8.5	9:31	0.5	9:48	1.3	5:07	8:25	
6	Mon	3:49	8.9	4:24	8.8	10:14	0.6	10:40	1.2	5:07	8:24	
7	Tue	4:40	8.7	5:12	9.1	11:00	0.8	11:37	1.0	5:08	8:24	
8	Wed	5:36	8.5	6:05	9.3	11:52	0.9			5:09	8:24	
9	Thu	6:37	8.3	7:02	9.6	12:38	0.7	12:48	1.0	5:09	8:23	
10	Fri	7:41	8.2	8:01	10.0	1:40	0.4	1:47	1.0	5:10	8:23	
11	Sat	8:45	8.3	9:01	10.3	2:41	0.0	2:46	0.9	5:11	8:22	
12	Sun	9:47	8.5	10:00	10.7	3:41	-0.5	3:45	0.7	5:12	8:22	
13	Mon	10:45	8.8	10:57	11.0	4:39	-0.8	4:43	0.4	5:13	8:21	
14	Tue	11:41	9.1	11:52	11.2	5:34	-1.1	5:40	0.1	5:13	8:21	
15	Wed			12:34	9.4	6:26	-1.3	6:35	-0.1	5:14	8:20	
16	Thu	12:45	11.1	1:25	9.6	7:17	-1.3	7:28	-0.2	5:15	8:19	
17	Fri	1:38	10.9	2:16	9.7	8:06	-1.1	8:22	-0.1	5:16	8:18	
18	Sat	2:31	10.5	3:07	9.7	8:55	-0.8	9:17	0.0	5:17	8:18	
19	Sun	3:24	9.9	3:58	9.6	9:45	-0.4	10:12	0.3	5:18	8:17	
20	Mon	4:18	9.3	4:49	9.5	10:35	0.2	11:09	0.5	5:19	8:16	
21	Tue	5:13	8.7	5:42	9.2	11:26	0.7			5:20	8:15	
22	Wed	6:12	8.1	6:37	9.0	12:07	0.8	12:21	1.2	5:21	8:14	
23	Thu	7:13	7.7	7:33	8.9	1:07	0.9	1:17	1.6	5:22	8:13	
24	Fri	8:14	7.5	8:28	8.8	2:06	1.0	2:12	1.8	5:23	8:12	
25	Sat	9:11	7.4	9:19	8.8	3:01	1.0	3:04	1.9	5:24	8:11	
26	Sun	10:02	7.5	10:07	8.9	3:52	0.9	3:53	1.9	5:25	8:10	
27	Mon	10:48	7.6	10:50	9.0	4:39	0.8	4:39	1.8	5:26	8:09	
28	Tue	11:28	7.7	11:28	9.1	5:22	0.7	5:20	1.7	5:27	8:08	
29	Wed			12:04	7.9	6:00	0.6	5:59	1.5	5:28	8:07	
30	Thu	12:04	9.3	12:37	8.1	6:36	0.5	6:36	1.4	5:29	8:06	
31	Fri	12:39	9.3	1:10	8.4	7:10	0.4	7:14	1.2	5:30	8:05	