
































## Cape Porpoise, ME - Jul 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	4:21	8.9	5:01	8.6	10:42	0.4	11:08	1.3	5:05	8:26	
2	Wed	5:15	8.4	5:50	8.6	11:30	0.9			5:05	8:25	
3	Thu	6:10	7.9	6:39	8.5	12:04	1.4	12:18	1.3	5:06	8:25	
4	Fri	7:06	7.6	7:29	8.5	1:01	1.4	1:07	1.6	5:07	8:25	
5	Sat	8:04	7.4	8:19	8.5	1:59	1.4	1:59	1.8	5:07	8:25	
6	Sun	9:00	7.3	9:08	8.7	2:54	1.3	2:51	1.9	5:08	8:24	
7	Mon	9:51	7.4	9:54	8.8	3:45	1.1	3:39	1.9	5:09	8:24	
8	Tue	10:39	7.5	10:38	9.0	4:30	0.8	4:24	1.8	5:09	8:23	
9	Wed	11:23	7.7	11:20	9.2	5:13	0.6	5:06	1.6	5:10	8:23	
10	Thu			12:05	7.9	5:53	0.4	5:47	1.4	5:11	8:23	
11	Fri	12:01	9.4	12:45	8.0	6:32	0.2	6:28	1.2	5:12	8:22	
12	Sat	12:42	9.6	1:24	8.3	7:10	-0.1	7:10	1.0	5:12	8:21	
13	Sun	1:22	9.7	2:02	8.5	7:48	-0.2	7:53	0.8	5:13	8:21	
14	Mon	2:04	9.7	2:43	8.8	8:28	-0.3	8:39	0.6	5:14	8:20	
15	Tue	2:48	9.6	3:25	9.1	9:10	-0.3	9:29	0.5	5:15	8:20	
16	Wed	3:36	9.4	4:12	9.3	9:55	-0.2	10:22	0.4	5:16	8:19	
17	Thu	4:29	9.1	5:02	9.5	10:44	0.0	11:19	0.3	5:17	8:18	
18	Fri	5:27	8.8	5:55	9.7	11:35	0.2			5:18	8:17	
19	Sat	6:28	8.5	6:52	9.8	12:19	0.2	12:31	0.5	5:19	8:17	
20	Sun	7:34	8.3	7:54	9.9	1:23	0.1	1:32	0.7	5:20	8:16	
21	Mon	8:41	8.2	8:57	10.0	2:30	0.0	2:36	0.8	5:20	8:15	
22	Tue	9:45	8.3	9:57	10.2	3:34	-0.3	3:38	0.7	5:21	8:14	
23	Wed	10:44	8.5	10:54	10.3	4:33	-0.5	4:37	0.6	5:22	8:13	
24	Thu	11:40	8.7	11:49	10.3	5:28	-0.6	5:32	0.4	5:23	8:12	
25	Fri			12:32	8.8	6:20	-0.7	6:24	0.4	5:24	8:11	
26	Sat	12:40	10.3	1:20	8.9	7:08	-0.6	7:14	0.4	5:25	8:10	
27	Sun	1:28	10.0	2:05	9.0	7:52	-0.5	8:02	0.5	5:26	8:09	
28	Mon	2:14	9.7	2:48	8.9	8:35	-0.2	8:50	0.7	5:28	8:08	
29	Tue	2:59	9.2	3:31	8.8	9:17	0.2	9:38	0.9	5:29	8:07	
30	Wed	3:46	8.7	4:15	8.7	9:59	0.7	10:27	1.1	5:30	8:06	
31	Thu	4:35	8.2	5:00	8.6	10:42	1.1	11:18	1.3	5:31	8:05	