

































Cape Porpoise, ME - Jan 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	8:04	10.1	8:49	8.7	1:45	0.2	2:37	-0.7	7:14	4:16	
2	Wed	9:03	10.4	9:47	9.0	2:46	0.0	3:34	-1.1	7:14	4:17	
3	Thu	9:59	10.6	10:42	9.2	3:43	-0.2	4:29	-1.4	7:14	4:18	
4	Fri	10:53	10.7	11:34	9.4	4:38	-0.4	5:21	-1.4	7:14	4:19	
5	Sat	11:45	10.6			5:30	-0.4	6:10	-1.4	7:14	4:20	
6	Sun	12:24	9.4	12:35	10.4	6:21	-0.4	6:58	-1.1	7:13	4:21	
7	Mon	1:11	9.3	1:23	9.9	7:11	-0.2	7:44	-0.7	7:13	4:22	
8	Tue	1:59	9.2	2:12	9.4	8:02	0.1	8:30	-0.3	7:13	4:23	
9	Wed	2:47	8.9	3:03	8.8	8:54	0.5	9:17	0.3	7:13	4:24	
10	Thu	3:36	8.7	3:57	8.2	9:48	0.8	10:06	0.8	7:13	4:25	
11	Fri	4:26	8.5	4:52	7.7	10:44	1.0	10:56	1.2	7:12	4:26	
12	Sat	5:17	8.3	5:50	7.4	11:42	1.2	11:49	1.5	7:12	4:27	
13	Sun	6:11	8.3	6:50	7.2			12:42	1.2	7:11	4:29	
14	Mon	7:06	8.3	7:48	7.3	12:46	1.7	1:41	1.1	7:11	4:30	
15	Tue	7:59	8.5	8:40	7.4	1:42	1.6	2:33	0.8	7:10	4:31	
16	Wed	8:47	8.7	9:26	7.7	2:32	1.5	3:18	0.5	7:10	4:32	
17	Thu	9:31	9.0	10:09	7.9	3:16	1.2	3:59	0.2	7:09	4:33	
18	Fri	10:12	9.3	10:48	8.2	3:57	0.9	4:37	-0.1	7:09	4:35	
19	Sat	10:51	9.5	11:26	8.5	4:37	0.7	5:14	-0.3	7:08	4:36	
20	Sun	11:30	9.7			5:17	0.4	5:50	-0.6	7:07	4:37	
21	Mon	12:02	8.8	12:08	9.8	5:57	0.1	6:27	-0.7	7:07	4:38	
22	Tue	12:39	9.0	12:49	9.7	6:39	-0.1	7:06	-0.8	7:06	4:40	
23	Wed	1:18	9.3	1:31	9.6	7:23	-0.2	7:47	-0.7	7:05	4:41	
24	Thu	2:00	9.4	2:19	9.3	8:11	-0.3	8:33	-0.5	7:04	4:42	
25	Fri	2:47	9.5	3:12	8.9	9:03	-0.2	9:23	-0.2	7:04	4:44	
26	Sat	3:39	9.5	4:11	8.5	10:01	-0.1	10:18	0.1	7:03	4:45	
27	Sun	4:36	9.4	5:15	8.2	11:03	0.0	11:18	0.4	7:02	4:46	
28	Mon	5:39	9.4	6:25	8.1			12:11	0.0	7:01	4:48	
29	Tue	6:47	9.5	7:36	8.1	12:24	0.6	1:22	-0.1	7:00	4:49	
30	Wed	7:54	9.7	8:41	8.4	1:33	0.5	2:28	-0.4	6:59	4:50	
31	Thu	8:56	9.9	9:38	8.7	2:38	0.3	3:26	-0.7	6:58	4:52	