

Cape Porpoise, ME - Mar 2031

| Date | | High | | | | Low | | | | ☀ | | ☾ |
|------|-----|-------|------|-------|------|-------|------|-------|------|------|------|------|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sat | 4:46 | 8.3 | 5:28 | 7.3 | 11:15 | 1.0 | 11:24 | 1.7 | 6:17 | 5:30 | ☾ |
| 2 | Sun | 5:44 | 8.1 | 6:29 | 7.2 | | | 12:17 | 1.2 | 6:16 | 5:31 | ☾ |
| 3 | Mon | 6:45 | 8.0 | 7:29 | 7.3 | 12:26 | 1.8 | 1:19 | 1.2 | 6:14 | 5:32 | ☾ |
| 4 | Tue | 7:43 | 8.2 | 8:22 | 7.6 | 1:28 | 1.7 | 2:14 | 1.0 | 6:12 | 5:34 | ☾ |
| 5 | Wed | 8:34 | 8.4 | 9:08 | 7.9 | 2:22 | 1.4 | 2:59 | 0.7 | 6:11 | 5:35 | ☉ |
| 6 | Thu | 9:19 | 8.7 | 9:49 | 8.3 | 3:08 | 1.0 | 3:39 | 0.4 | 6:09 | 5:36 | ☉ |
| 7 | Fri | 10:01 | 9.0 | 10:26 | 8.7 | 3:49 | 0.7 | 4:15 | 0.1 | 6:07 | 5:37 | ☉ |
| 8 | Sat | 10:39 | 9.2 | 11:01 | 9.0 | 4:27 | 0.3 | 4:50 | -0.1 | 6:05 | 5:39 | ☉ |
| 9 | Sun | | | 12:17 | 9.3 | 6:05 | -0.1 | 6:25 | -0.3 | 7:04 | 6:40 | ☉ |
| 10 | Mon | 12:36 | 9.4 | 12:55 | 9.4 | 6:43 | -0.4 | 7:01 | -0.4 | 7:02 | 6:41 | ☉ |
| 11 | Tue | 1:11 | 9.6 | 1:34 | 9.4 | 7:23 | -0.6 | 7:39 | -0.4 | 7:00 | 6:42 | ☉ |
| 12 | Wed | 1:48 | 9.8 | 2:15 | 9.2 | 8:05 | -0.7 | 8:20 | -0.3 | 6:58 | 6:44 | ☉ |
| 13 | Thu | 2:29 | 9.9 | 3:01 | 9.0 | 8:50 | -0.7 | 9:05 | -0.1 | 6:57 | 6:45 | ☾ |
| 14 | Fri | 3:16 | 9.8 | 3:52 | 8.7 | 9:41 | -0.5 | 9:57 | 0.2 | 6:55 | 6:46 | ☾ |
| 15 | Sat | 4:09 | 9.6 | 4:51 | 8.4 | 10:38 | -0.3 | 10:54 | 0.5 | 6:53 | 6:47 | ☾ |
| 16 | Sun | 5:09 | 9.4 | 5:56 | 8.2 | 11:40 | -0.1 | 11:57 | 0.7 | 6:51 | 6:48 | ☾ |
| 17 | Mon | 6:16 | 9.3 | 7:06 | 8.2 | | | 12:47 | 0.1 | 6:50 | 6:50 | ☾ |
| 18 | Tue | 7:27 | 9.2 | 8:16 | 8.4 | 1:07 | 0.7 | 1:57 | 0.0 | 6:48 | 6:51 | ☾ |
| 19 | Wed | 8:37 | 9.4 | 9:19 | 8.9 | 2:18 | 0.5 | 3:03 | -0.3 | 6:46 | 6:52 | ☾ |
| 20 | Thu | 9:40 | 9.7 | 10:14 | 9.4 | 3:24 | 0.1 | 4:00 | -0.5 | 6:44 | 6:53 | ☾ |
| 21 | Fri | 10:36 | 9.9 | 11:04 | 9.8 | 4:22 | -0.4 | 4:52 | -0.8 | 6:42 | 6:54 | ☾ |
| 22 | Sat | 11:27 | 10.0 | 11:51 | 10.0 | 5:14 | -0.8 | 5:39 | -0.8 | 6:41 | 6:56 | ☾ |
| 23 | Sun | | | 12:16 | 9.9 | 6:03 | -1.0 | 6:24 | -0.7 | 6:39 | 6:57 | ☾ |
| 24 | Mon | 12:35 | 10.1 | 1:02 | 9.7 | 6:50 | -1.0 | 7:06 | -0.5 | 6:37 | 6:58 | ☾ |
| 25 | Tue | 1:17 | 10.0 | 1:46 | 9.4 | 7:34 | -0.9 | 7:47 | -0.1 | 6:35 | 6:59 | ☾ |
| 26 | Wed | 1:58 | 9.8 | 2:29 | 9.0 | 8:17 | -0.6 | 8:28 | 0.3 | 6:33 | 7:00 | ☾ |
| 27 | Thu | 2:39 | 9.5 | 3:13 | 8.5 | 9:00 | -0.2 | 9:10 | 0.8 | 6:32 | 7:02 | ☾ |
| 28 | Fri | 3:22 | 9.1 | 4:01 | 8.1 | 9:46 | 0.3 | 9:56 | 1.2 | 6:30 | 7:03 | ☾ |
| 29 | Sat | 4:09 | 8.7 | 4:52 | 7.7 | 10:36 | 0.7 | 10:46 | 1.5 | 6:28 | 7:04 | ☾ |
| 30 | Sun | 5:01 | 8.3 | 5:46 | 7.5 | 11:29 | 1.0 | 11:40 | 1.8 | 6:26 | 7:05 | ☾ |
| 31 | Mon | 5:57 | 8.1 | 6:44 | 7.4 | | | 12:25 | 1.3 | 6:25 | 7:06 | ☾ |