


































Falmouth Foreside, ME - Jan 2030

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|------|-------|------|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Tue | 7:53 | 10.6 | 8:38 | 9.2 | 1:32 | 0.2 | 2:24 | -0.8 | 7:14 | 4:14 |  |
| 2 | Wed | 8:52 | 11.0 | 9:36 | 9.5 | 2:33 | 0.0 | 3:21 | -1.1 | 7:14 | 4:15 |  |
| 3 | Thu | 9:48 | 11.2 | 10:31 | 9.7 | 3:30 | -0.2 | 4:16 | -1.4 | 7:14 | 4:16 |  |
| 4 | Fri | 10:42 | 11.3 | 11:23 | 9.9 | 4:25 | -0.4 | 5:08 | -1.5 | 7:14 | 4:17 |  |
| 5 | Sat | 11:34 | 11.2 | | | 5:17 | -0.4 | 5:57 | -1.4 | 7:14 | 4:18 |  |
| 6 | Sun | 12:13 | 9.9 | 12:24 | 10.9 | 6:08 | -0.4 | 6:45 | -1.1 | 7:14 | 4:19 |  |
| 7 | Mon | 1:00 | 9.8 | 1:12 | 10.4 | 6:58 | -0.2 | 7:31 | -0.7 | 7:14 | 4:20 |  |
| 8 | Tue | 1:48 | 9.6 | 2:01 | 9.9 | 7:49 | 0.1 | 8:17 | -0.3 | 7:13 | 4:21 |  |
| 9 | Wed | 2:36 | 9.4 | 2:52 | 9.2 | 8:41 | 0.5 | 9:04 | 0.3 | 7:13 | 4:22 |  |
| 10 | Thu | 3:25 | 9.2 | 3:46 | 8.6 | 9:35 | 0.8 | 9:53 | 0.8 | 7:13 | 4:23 |  |
| 11 | Fri | 4:15 | 8.9 | 4:41 | 8.1 | 10:31 | 1.0 | 10:43 | 1.2 | 7:12 | 4:24 |  |
| 12 | Sat | 5:06 | 8.8 | 5:39 | 7.8 | 11:29 | 1.2 | 11:36 | 1.5 | 7:12 | 4:25 |  |
| 13 | Sun | 6:00 | 8.7 | 6:39 | 7.6 | | | 12:29 | 1.2 | 7:12 | 4:27 |  |
| 14 | Mon | 6:55 | 8.7 | 7:37 | 7.7 | 12:33 | 1.7 | 1:28 | 1.1 | 7:11 | 4:28 |  |
| 15 | Tue | 7:48 | 8.9 | 8:29 | 7.8 | 1:29 | 1.7 | 2:20 | 0.8 | 7:11 | 4:29 |  |
| 16 | Wed | 8:36 | 9.2 | 9:15 | 8.1 | 2:19 | 1.5 | 3:05 | 0.5 | 7:10 | 4:30 |  |
| 17 | Thu | 9:20 | 9.5 | 9:58 | 8.4 | 3:03 | 1.2 | 3:46 | 0.2 | 7:10 | 4:31 |  |
| 18 | Fri | 10:01 | 9.8 | 10:37 | 8.6 | 3:44 | 1.0 | 4:24 | -0.1 | 7:09 | 4:33 |  |
| 19 | Sat | 10:40 | 10.0 | 11:15 | 8.9 | 4:24 | 0.7 | 5:01 | -0.4 | 7:08 | 4:34 |  |
| 20 | Sun | 11:19 | 10.2 | 11:51 | 9.2 | 5:04 | 0.4 | 5:37 | -0.6 | 7:08 | 4:35 |  |
| 21 | Mon | 11:57 | 10.3 | | | 5:44 | 0.1 | 6:14 | -0.7 | 7:07 | 4:36 |  |
| 22 | Tue | 12:28 | 9.5 | 12:38 | 10.3 | 6:26 | -0.1 | 6:53 | -0.8 | 7:06 | 4:38 |  |
| 23 | Wed | 1:07 | 9.8 | 1:20 | 10.1 | 7:10 | -0.2 | 7:34 | -0.7 | 7:05 | 4:39 |  |
| 24 | Thu | 1:49 | 9.9 | 2:08 | 9.8 | 7:58 | -0.3 | 8:20 | -0.5 | 7:04 | 4:40 |  |
| 25 | Fri | 2:36 | 10.0 | 3:01 | 9.4 | 8:50 | -0.2 | 9:10 | -0.2 | 7:04 | 4:42 |  |
| 26 | Sat | 3:28 | 10.0 | 4:00 | 9.0 | 9:48 | -0.1 | 10:05 | 0.1 | 7:03 | 4:43 |  |
| 27 | Sun | 4:25 | 9.9 | 5:04 | 8.7 | 10:50 | 0.0 | 11:05 | 0.4 | 7:02 | 4:44 |  |
| 28 | Mon | 5:28 | 9.9 | 6:14 | 8.5 | 11:58 | 0.0 | | | 7:01 | 4:46 |  |
| 29 | Tue | 6:36 | 10.0 | 7:25 | 8.6 | 12:11 | 0.6 | 1:09 | -0.1 | 7:00 | 4:47 |  |
| 30 | Wed | 7:43 | 10.2 | 8:30 | 8.8 | 1:20 | 0.5 | 2:15 | -0.4 | 6:59 | 4:49 |  |
| 31 | Thu | 8:45 | 10.4 | 9:27 | 9.2 | 2:25 | 0.3 | 3:13 | -0.8 | 6:58 | 4:50 |  |