US HARBORS www.USHarbors.com

Fort Point, Penobscot River, ME - Jan 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	7:45	12.1	8:30	10.5	1:25	0.3	2:17	-0.9	7:11	4:06	
2	Wed	8:44	12.4	9:30	10.8	2:25	0.1	3:16	-1.3	7:11	4:07	
3	Thu	9:42	12.6	10:26	11.1	3:24	-0.1	4:12	-1.6	7:11	4:08	
4	Fri	10:37	12.7	11:18	11.3	4:21	-0.3	5:03	-1.7	7:11	4:09	
5	Sat	11:27	12.6			5:13	-0.4	5:51	-1.6	7:11	4:10	
6	Sun	12:05	11.3	12:15	12.3	6:02	-0.4	6:37	-1.4	7:11	4:11	
7	Mon	12:52	11.3	1:03	11.8	6:51	-0.2	7:23	-1.0	7:10	4:12	
8	Tue	1:40	11.1	1:52	11.2	7:42	0.1	8:10	-0.5	7:10	4:13	
9	Wed	2:28	10.9	2:44	10.6	8:34	0.4	8:57	0.1	7:10	4:14	
10	Thu	3:17	10.6	3:35	10.0	9:27	0.7	9:45	0.6	7:10	4:15	
11	Fri	4:06	10.3	4:30	9.5	10:22	1.0	10:35	1.2	7:09	4:16	
12	Sat	4:58	10.1	5:33	9.0	11:21	1.2	11:31	1.6	7:09	4:17	
13	Sun	5:57	9.9	6:38	8.8			12:24	1.2	7:08	4:19	
14	Mon	6:55	9.9	7:35	8.8	12:31	1.8	1:21	1.1	7:08	4:20	
15	Tue	7:46	10.1	8:25	8.9	1:25	1.9	2:12	1.0	7:07	4:21	
16	Wed	8:31	10.2	9:11	9.0	2:12	1.8	2:58	0.7	7:07	4:22	
17	Thu	9:12	10.4	9:53	9.2	2:55	1.7	3:40	0.5	7:06	4:24	
18	Fri	9:49	10.6	10:28	9.5	3:36	1.5	4:18	0.2	7:06	4:25	
19	Sat	10:24	10.9	10:59	9.8	4:15	1.2	4:52	0.0	7:05	4:26	
20	Sun	10:58	11.2	11:30	10.3	4:52	0.8	5:24	-0.3	7:04	4:28	
21	Mon	11:34	11.4			5:30	0.5	5:59	-0.6	7:03	4:29	
22	Tue	12:04	10.7	12:14	11.5	6:10	0.1	6:37	-0.7	7:03	4:30	
23	Wed	12:43	11.0	12:59	11.4	6:54	-0.1	7:19	-0.7	7:02	4:32	
24	Thu	1:28	11.3	1:49	11.2	7:44	-0.3	8:07	-0.5	7:01	4:33	
25	Fri	2:18	11.5	2:43	10.9	8:39	-0.3	8:59	-0.3	7:00	4:34	
26	Sat	3:11	11.6	3:41	10.5	9:37	-0.3	9:54	0.1	6:59	4:36	
27	Sun	4:09	11.5	4:46	10.1	10:40	-0.2	10:55	0.4	6:58	4:37	
28	Mon	5:14	11.4	6:03	9.9	11:52	-0.2			6:57	4:38	
29	Tue	6:28	11.5	7:20	10.0	12:05	0.5	1:04	-0.4	6:56	4:40	
30	Wed	7:38	11.7	8:24	10.3	1:15	0.5	2:09	-0.7	6:55	4:41	
31	Thu	8:40	11.9	9:23	10.6	2:19	0.2	3:08	-1.0	6:54	4:43	