US HARBORS www.USHarbors.com

Portland, ME - Jul 2007

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun			12:43	8.5	6:27	0.1	6:24	1.3	5:03	8:26	
2	Mon	12:39	10.2	1:23	8.7	7:06	-0.1	7:07	1.1	5:03	8:26	
3	Tue	1:21	10.3	2:03	9.0	7:47	-0.3	7:52	0.9	5:04	8:26	
4	Wed	2:04	10.3	2:46	9.2	8:28	-0.4	8:40	0.7	5:04	8:25	
5	Thu	2:51	10.2	3:31	9.5	9:13	-0.4	9:32	0.6	5:05	8:25	
6	Fri	3:42	10.0	4:20	9.8	10:00	-0.3	10:27	0.5	5:06	8:25	
7	Sat	4:37	9.6	5:12	10.0	10:50	-0.1	11:26	0.3	5:06	8:24	
8	Sun	5:36	9.3	6:06	10.2	11:43	0.2			5:07	8:24	
9	Mon	6:38	9.0	7:03	10.3	12:27	0.2	12:40	0.5	5:08	8:24	
10	Tue	7:45	8.8	8:04	10.5	1:32	0.1	1:41	0.7	5:09	8:23	
11	Wed	8:51	8.8	9:05	10.6	2:37	-0.2	2:43	0.7	5:09	8:23	
12	Thu	9:52	8.9	10:03	10.8	3:39	-0.4	3:43	0.7	5:10	8:22	
13	Fri	10:50	9.0	10:58	10.9	4:36	-0.6	4:39	0.6	5:11	8:21	
14	Sat	11:44	9.1	11:51	10.8	5:30	-0.7	5:33	0.5	5:12	8:21	
15	Sun			12:35	9.2	6:21	-0.7	6:25	0.5	5:13	8:20	
16	Mon	12:42	10.7	1:23	9.3	7:08	-0.6	7:14	0.6	5:14	8:20	
17	Tue	1:29	10.4	2:08	9.3	7:53	-0.4	8:02	0.8	5:14	8:19	
18	Wed	2:15	10.1	2:51	9.2	8:35	-0.1	8:49	0.9	5:15	8:18	
19	Thu	3:00	9.6	3:35	9.1	9:17	0.3	9:38	1.2	5:16	8:17	
20	Fri	3:47	9.0	4:19	9.0	10:00	0.8	10:27	1.3	5:17	8:16	
21	Sat	4:36	8.5	5:04	8.9	10:43	1.2	11:19	1.5	5:18	8:16	
22	Sun	5:28	8.1	5:50	8.8	11:27	1.6			5:19	8:15	
23	Mon	6:22	7.8	6:40	8.8	12:12	1.6	12:15	1.9	5:20	8:14	
24	Tue	7:19	7.5	7:32	8.8	1:09	1.6	1:08	2.1	5:21	8:13	
25	Wed	8:18	7.5	8:26	9.0	2:07	1.5	2:03	2.2	5:22	8:12	
26	Thu	9:13	7.6	9:17	9.2	3:02	1.3	2:56	2.0	5:23	8:11	
27	Fri	10:03	7.8	10:04	9.6	3:51	1.0	3:45	1.8	5:24	8:10	
28	Sat	10:48	8.1	10:49	9.9	4:36	0.6	4:31	1.4	5:25	8:09	
29	Sun	11:31	8.5	11:33	10.3	5:18	0.2	5:15	1.1	5:26	8:08	
30	Mon			12:13	8.9	5:59	-0.2	6:00	0.7	5:27	8:07	
31	Tue	12:16	10.5	12:54	9.3	6:39	-0.5	6:46	0.3	5:28	8:05	