

































## Portland, ME - Jan 2011

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	8:11	10.3	8:54	8.9	1:51	0.6	2:41	-0.5	7:14	4:14	
2	Sun	9:05	10.4	9:48	9.0	2:48	0.5	3:35	-0.6	7:14	4:15	
3	Mon	9:56	10.4	10:37	9.1	3:40	0.4	4:24	-0.7	7:14	4:16	
4	Tue	10:44	10.4	11:23	9.1	4:29	0.4	5:10	-0.7	7:14	4:17	
5	Wed	11:28	10.3			5:14	0.4	5:52	-0.6	7:14	4:18	
6	Thu	12:05	9.1	12:10	10.1	5:57	0.5	6:31	-0.4	7:14	4:19	
7	Fri	12:45	9.0	12:50	9.8	6:39	0.6	7:09	-0.1	7:14	4:20	
8	Sat	1:24	9.0	1:30	9.4	7:20	0.8	7:46	0.2	7:13	4:21	
9	Sun	2:03	8.8	2:12	9.0	8:03	1.0	8:25	0.6	7:13	4:22	
10	Mon	2:44	8.7	2:57	8.5	8:48	1.2	9:06	0.9	7:13	4:23	
11	Tue	3:27	8.6	3:46	8.1	9:36	1.3	9:50	1.2	7:13	4:24	
12	Wed	4:13	8.6	4:38	7.8	10:27	1.4	10:37	1.5	7:12	4:25	
13	Thu	5:01	8.6	5:35	7.6	11:22	1.4	11:28	1.7	7:12	4:27	
14	Fri	5:54	8.6	6:34	7.5			12:20	1.3	7:11	4:28	
15	Sat	6:49	8.9	7:33	7.7	12:24	1.7	1:19	1.0	7:11	4:29	
16	Sun	7:43	9.2	8:26	8.0	1:20	1.5	2:13	0.5	7:10	4:30	
17	Mon	8:33	9.7	9:14	8.5	2:13	1.1	3:01	0.0	7:10	4:31	
18	Tue	9:21	10.2	10:01	8.9	3:03	0.7	3:48	-0.6	7:09	4:33	
19	Wed	10:09	10.7	10:47	9.5	3:51	0.1	4:33	-1.0	7:09	4:34	
20	Thu	10:56	11.1	11:33	9.9	4:40	-0.3	5:18	-1.4	7:08	4:35	
21	Fri	11:44	11.2			5:29	-0.7	6:04	-1.6	7:07	4:36	
22	Sat	12:18	10.3	12:33	11.1	6:19	-0.9	6:50	-1.6	7:06	4:38	
23	Sun	1:05	10.5	1:23	10.8	7:10	-1.0	7:38	-1.4	7:06	4:39	
24	Mon	1:55	10.6	2:17	10.3	8:04	-0.9	8:29	-1.0	7:05	4:40	
25	Tue	2:48	10.5	3:16	9.7	9:02	-0.6	9:23	-0.4	7:04	4:42	
26	Wed	3:45	10.3	4:19	9.1	10:04	-0.3	10:22	0.1	7:03	4:43	
27	Thu	4:45	10.0	5:26	8.7	11:10	0.0	11:25	0.6	7:02	4:44	
28	Fri	5:50	9.8	6:36	8.4			12:20	0.1	7:01	4:46	
29	Sat	6:56	9.7	7:44	8.4	12:32	0.9	1:29	0.1	7:00	4:47	
30	Sun	7:59	9.7	8:43	8.5	1:39	0.9	2:31	-0.1	6:59	4:48	
31	Mon	8:55	9.8	9:36	8.7	2:38	0.8	3:24	-0.2	6:58	4:50	