

































Portland, ME - Jan 2019

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	7:18	9.8	7:53	8.9	12:56	0.4	1:42	0.1	7:14	4:14	
2	Wed	8:12	9.9	8:49	8.9	1:54	0.5	2:38	-0.2	7:14	4:15	
3	Thu	9:02	10.0	9:40	8.9	2:46	0.6	3:28	-0.3	7:14	4:16	
4	Fri	9:47	10.1	10:26	8.9	3:33	0.7	4:14	-0.4	7:14	4:17	
5	Sat	10:30	10.0	11:08	8.8	4:17	0.7	4:56	-0.4	7:14	4:18	
6	Sun	11:10	10.0	11:48	8.8	4:58	0.8	5:35	-0.3	7:14	4:19	
7	Mon	11:48	9.9			5:36	0.8	6:12	-0.2	7:14	4:20	
8	Tue	12:25	8.7	12:25	9.7	6:13	0.9	6:47	0.0	7:13	4:21	
9	Wed	1:02	8.6	1:02	9.5	6:51	1.0	7:22	0.2	7:13	4:22	
10	Thu	1:39	8.5	1:40	9.2	7:29	1.2	7:59	0.4	7:13	4:23	
11	Fri	2:17	8.5	2:21	8.9	8:11	1.3	8:39	0.6	7:13	4:24	
12	Sat	2:58	8.4	3:06	8.6	8:56	1.4	9:21	0.8	7:12	4:25	
13	Sun	3:41	8.5	3:55	8.4	9:45	1.4	10:06	0.9	7:12	4:27	
14	Mon	4:27	8.6	4:47	8.2	10:37	1.3	10:54	1.1	7:11	4:28	
15	Tue	5:16	8.8	5:44	8.1	11:33	1.1	11:47	1.1	7:11	4:29	
16	Wed	6:09	9.1	6:45	8.2			12:32	0.8	7:10	4:30	
17	Thu	7:04	9.5	7:45	8.4	12:43	1.0	1:32	0.3	7:10	4:31	
18	Fri	8:00	10.0	8:42	8.8	1:41	0.7	2:28	-0.3	7:09	4:33	
19	Sat	8:53	10.6	9:35	9.3	2:36	0.3	3:21	-0.9	7:08	4:34	
20	Sun	9:46	11.1	10:28	9.7	3:29	-0.2	4:13	-1.5	7:08	4:35	
21	Mon	10:39	11.5	11:20	10.1	4:22	-0.6	5:05	-1.8	7:07	4:36	
22	Tue	11:32	11.7			5:15	-0.9	5:56	-2.0	7:06	4:38	
23	Wed	12:11	10.3	12:25	11.6	6:09	-1.0	6:47	-1.9	7:06	4:39	
24	Thu	1:03	10.4	1:19	11.3	7:03	-1.0	7:38	-1.7	7:05	4:40	
25	Fri	1:56	10.3	2:15	10.7	7:59	-0.8	8:32	-1.2	7:04	4:42	
26	Sat	2:52	10.2	3:15	10.1	8:59	-0.5	9:28	-0.6	7:03	4:43	
27	Sun	3:49	10.0	4:17	9.4	10:01	-0.1	10:26	0.0	7:02	4:44	
28	Mon	4:48	9.7	5:22	8.9	11:07	0.1	11:26	0.5	7:01	4:46	
29	Tue	5:49	9.5	6:28	8.5			12:14	0.3	7:00	4:47	
30	Wed	6:50	9.4	7:33	8.4	12:29	0.9	1:20	0.3	6:59	4:48	
31	Thu	7:49	9.4	8:30	8.4	1:31	1.0	2:19	0.2	6:58	4:50	