
































Portland, ME - Jun 2019

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	10:28	8.9	10:37	10.1	4:16	0.4	4:20	0.9	5:02	8:15	
2	Sun	11:11	9.1	11:16	10.4	4:58	0.0	5:02	0.7	5:01	8:16	
3	Mon	11:55	9.2	11:58	10.7	5:40	-0.4	5:44	0.6	5:01	8:16	
4	Tue			12:39	9.4	6:24	-0.7	6:29	0.5	5:00	8:17	
5	Wed	12:42	10.9	1:25	9.4	7:09	-0.9	7:16	0.4	5:00	8:18	
6	Thu	1:29	10.9	2:14	9.5	7:56	-0.9	8:06	0.4	5:00	8:19	
7	Fri	2:19	10.8	3:06	9.5	8:47	-0.9	9:00	0.5	4:59	8:19	
8	Sat	3:13	10.6	4:03	9.5	9:41	-0.7	9:58	0.6	4:59	8:20	
9	Sun	4:13	10.3	5:02	9.6	10:38	-0.5	11:01	0.6	4:59	8:21	
10	Mon	5:16	10.0	6:02	9.7	11:37	-0.3			4:59	8:21	
11	Tue	6:20	9.8	7:02	9.9	12:06	0.6	12:37	-0.1	4:59	8:22	
12	Wed	7:27	9.6	8:02	10.2	1:13	0.4	1:38	0.1	4:58	8:22	
13	Thu	8:31	9.5	8:58	10.4	2:19	0.1	2:37	0.2	4:58	8:23	
14	Fri	9:31	9.5	9:50	10.6	3:19	-0.2	3:32	0.2	4:58	8:23	
15	Sat	10:26	9.5	10:39	10.7	4:14	-0.5	4:22	0.3	4:58	8:24	
16	Sun	11:18	9.4	11:26	10.7	5:05	-0.7	5:11	0.5	4:58	8:24	
17	Mon			12:07	9.3	5:53	-0.7	5:57	0.6	4:58	8:24	
18	Tue	12:11	10.6	12:53	9.2	6:38	-0.6	6:41	0.8	4:58	8:25	
19	Wed	12:54	10.4	1:36	9.1	7:21	-0.4	7:24	1.0	4:59	8:25	
20	Thu	1:36	10.1	2:19	8.9	8:03	-0.1	8:07	1.3	4:59	8:25	
21	Fri	2:18	9.8	3:02	8.7	8:44	0.2	8:51	1.5	4:59	8:26	
22	Sat	3:02	9.5	3:47	8.6	9:26	0.4	9:37	1.6	4:59	8:26	
23	Sun	3:47	9.2	4:32	8.6	10:10	0.7	10:26	1.8	4:59	8:26	
24	Mon	4:36	8.9	5:18	8.6	10:54	0.9	11:16	1.8	5:00	8:26	
25	Tue	5:26	8.6	6:05	8.7	11:39	1.1			5:00	8:26	
26	Wed	6:17	8.4	6:52	8.8	12:08	1.8	12:25	1.3	5:00	8:26	
27	Thu	7:12	8.2	7:40	9.1	1:02	1.6	1:14	1.3	5:01	8:26	
28	Fri	8:07	8.3	8:27	9.4	1:57	1.3	2:04	1.3	5:01	8:26	
29	Sat	9:00	8.4	9:13	9.8	2:49	0.9	2:53	1.2	5:02	8:26	
30	Sun	9:50	8.6	9:59	10.2	3:38	0.4	3:41	0.9	5:02	8:26	