

































Portland, ME - Jul 2019

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	10:39	8.9	10:45	10.7	4:26	-0.1	4:29	0.7	5:03	8:26	
2	Tue	11:27	9.2	11:33	11.0	5:13	-0.6	5:17	0.4	5:03	8:26	
3	Wed			12:17	9.5	6:01	-0.9	6:07	0.2	5:04	8:26	
4	Thu	12:23	11.2	1:07	9.7	6:50	-1.2	6:58	0.0	5:05	8:25	
5	Fri	1:14	11.3	1:57	9.9	7:40	-1.3	7:51	-0.1	5:05	8:25	
6	Sat	2:06	11.2	2:50	10.0	8:31	-1.3	8:47	0.0	5:06	8:25	
7	Sun	3:02	11.0	3:46	10.1	9:25	-1.1	9:46	0.1	5:06	8:24	
8	Mon	4:01	10.6	4:43	10.1	10:20	-0.8	10:48	0.2	5:07	8:24	
9	Tue	5:02	10.1	5:42	10.2	11:17	-0.4	11:52	0.2	5:08	8:24	
10	Wed	6:06	9.6	6:40	10.2			12:15	0.0	5:09	8:23	
11	Thu	7:11	9.3	7:40	10.2	12:58	0.2	1:16	0.3	5:09	8:23	
12	Fri	8:16	9.1	8:38	10.2	2:04	0.2	2:16	0.6	5:10	8:22	
13	Sat	9:17	9.0	9:32	10.3	3:05	0.0	3:14	0.7	5:11	8:21	
14	Sun	10:12	8.9	10:22	10.3	4:01	-0.1	4:06	0.8	5:12	8:21	
15	Mon	11:03	9.0	11:09	10.3	4:51	-0.2	4:54	0.9	5:13	8:20	
16	Tue	11:50	8.9	11:54	10.2	5:37	-0.2	5:39	0.9	5:14	8:19	
17	Wed			12:34	8.9	6:21	-0.2	6:22	1.0	5:15	8:19	
18	Thu	12:35	10.1	1:14	8.9	7:01	-0.1	7:02	1.1	5:15	8:18	
19	Fri	1:15	10.0	1:53	8.9	7:38	0.1	7:42	1.2	5:16	8:17	
20	Sat	1:53	9.8	2:31	8.8	8:15	0.2	8:22	1.3	5:17	8:16	
21	Sun	2:32	9.5	3:09	8.8	8:51	0.4	9:03	1.4	5:18	8:16	
22	Mon	3:13	9.2	3:49	8.8	9:29	0.6	9:47	1.4	5:19	8:15	
23	Tue	3:56	8.9	4:30	8.8	10:09	0.8	10:33	1.5	5:20	8:14	
24	Wed	4:42	8.6	5:13	8.9	10:51	1.0	11:22	1.5	5:21	8:13	
25	Thu	5:31	8.4	5:59	9.0	11:36	1.2			5:22	8:12	
26	Fri	6:24	8.2	6:47	9.2	12:14	1.4	12:25	1.3	5:23	8:11	
27	Sat	7:21	8.1	7:40	9.5	1:09	1.2	1:18	1.3	5:24	8:10	
28	Sun	8:19	8.3	8:34	9.9	2:07	0.8	2:13	1.2	5:25	8:09	
29	Mon	9:16	8.6	9:27	10.4	3:03	0.3	3:08	0.9	5:26	8:08	
30	Tue	10:09	9.0	10:20	10.8	3:56	-0.2	4:02	0.5	5:27	8:06	
31	Wed	11:02	9.4	11:12	11.3	4:48	-0.7	4:55	0.0	5:29	8:05	