



Portland, ME - Jul 2022

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	1:06	9.7	1:49	8.4	7:33	0.3	7:31	1.6	5:03	8:26	☀
2	Sat	1:43	9.6	2:25	8.4	8:09	0.4	8:09	1.6	5:03	8:26	☀
3	Sun	2:21	9.5	3:03	8.5	8:45	0.4	8:50	1.6	5:04	8:26	☀
4	Mon	3:00	9.4	3:42	8.6	9:23	0.5	9:35	1.5	5:05	8:25	☀
5	Tue	3:44	9.2	4:24	8.8	10:04	0.5	10:23	1.4	5:05	8:25	☀
6	Wed	4:31	9.0	5:07	9.1	10:47	0.6	11:14	1.2	5:06	8:25	☀
7	Thu	5:21	8.9	5:53	9.4	11:33	0.7			5:07	8:24	☀
8	Fri	6:16	8.7	6:44	9.8	12:08	1.0	12:23	0.7	5:07	8:24	☀
9	Sat	7:16	8.7	7:38	10.1	1:06	0.6	1:18	0.7	5:08	8:23	☀
10	Sun	8:18	8.8	8:35	10.6	2:07	0.2	2:16	0.6	5:09	8:23	☀
11	Mon	9:19	9.0	9:32	11.0	3:07	-0.3	3:14	0.4	5:10	8:22	☀
12	Tue	10:18	9.3	10:29	11.4	4:05	-0.8	4:11	0.2	5:11	8:22	☀
13	Wed	11:16	9.5	11:26	11.6	5:01	-1.2	5:08	0.0	5:11	8:21	☀
14	Thu			12:13	9.8	5:57	-1.4	6:05	-0.2	5:12	8:21	☀
15	Fri	12:23	11.7	1:08	9.9	6:52	-1.5	7:01	-0.2	5:13	8:20	☀
16	Sat	1:19	11.5	2:02	10.0	7:45	-1.4	7:57	-0.2	5:14	8:19	☀
17	Sun	2:14	11.2	2:56	10.0	8:38	-1.1	8:55	0.0	5:15	8:19	☀
18	Mon	3:10	10.7	3:51	9.9	9:31	-0.7	9:54	0.3	5:16	8:18	☀
19	Tue	4:08	10.1	4:46	9.8	10:24	-0.2	10:55	0.5	5:17	8:17	☀
20	Wed	5:07	9.4	5:40	9.7	11:18	0.3	11:56	0.7	5:18	8:16	☀
21	Thu	6:07	8.9	6:35	9.5			12:12	0.9	5:19	8:15	☀
22	Fri	7:08	8.4	7:30	9.4	12:58	0.9	1:08	1.3	5:20	8:14	☀
23	Sat	8:09	8.1	8:24	9.3	2:00	0.9	2:05	1.6	5:21	8:13	☀
24	Sun	9:06	8.1	9:16	9.4	2:58	0.8	2:59	1.7	5:22	8:13	☀
25	Mon	9:58	8.1	10:03	9.5	3:49	0.7	3:48	1.7	5:23	8:12	☀
26	Tue	10:44	8.2	10:47	9.6	4:35	0.6	4:33	1.6	5:24	8:11	☀
27	Wed	11:28	8.3	11:28	9.7	5:18	0.5	5:14	1.5	5:25	8:09	☀
28	Thu			12:08	8.4	5:57	0.4	5:53	1.4	5:26	8:08	☀
29	Fri	12:07	9.8	12:45	8.5	6:33	0.3	6:30	1.3	5:27	8:07	☀
30	Sat	12:44	9.8	1:21	8.7	7:07	0.2	7:07	1.2	5:28	8:06	☀
31	Sun	1:20	9.8	1:55	8.8	7:40	0.2	7:44	1.1	5:29	8:05	☀