
































Portland, ME - May 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	8:51	8.5	9:21	8.8	2:42	1.7	3:05	1.1	5:33	7:43	
2	Tue	9:38	8.7	10:00	9.2	3:29	1.2	3:44	1.0	5:31	7:44	
3	Wed	10:21	8.9	10:36	9.7	4:11	0.7	4:21	0.8	5:30	7:45	
4	Thu	11:03	9.1	11:11	10.0	4:50	0.3	4:58	0.7	5:29	7:46	
5	Fri	11:44	9.2	11:48	10.3	5:30	-0.2	5:36	0.6	5:27	7:47	
6	Sat			12:25	9.3	6:10	-0.5	6:16	0.5	5:26	7:48	
7	Sun	12:27	10.5	1:08	9.2	6:52	-0.7	6:58	0.6	5:25	7:49	
8	Mon	1:09	10.6	1:53	9.2	7:37	-0.7	7:44	0.7	5:23	7:51	
9	Tue	1:55	10.6	2:42	9.0	8:26	-0.6	8:34	0.8	5:22	7:52	
10	Wed	2:46	10.4	3:38	8.8	9:19	-0.4	9:30	1.0	5:21	7:53	
11	Thu	3:44	10.2	4:40	8.8	10:17	-0.2	10:32	1.1	5:20	7:54	
12	Fri	4:48	9.9	5:44	8.8	11:19	0.0	11:39	1.2	5:19	7:55	
13	Sat	5:56	9.7	6:48	9.1			12:23	0.1	5:17	7:56	
14	Sun	7:05	9.6	7:50	9.5	12:49	1.0	1:26	0.1	5:16	7:57	
15	Mon	8:12	9.6	8:47	9.9	1:58	0.6	2:26	0.1	5:15	7:58	
16	Tue	9:13	9.6	9:39	10.3	3:01	0.2	3:21	0.1	5:14	8:00	
17	Wed	10:09	9.6	10:26	10.6	3:57	-0.3	4:10	0.1	5:13	8:01	
18	Thu	11:01	9.6	11:12	10.7	4:48	-0.6	4:57	0.3	5:12	8:02	
19	Fri	11:50	9.5	11:55	10.7	5:36	-0.8	5:42	0.5	5:11	8:03	
20	Sat			12:36	9.3	6:22	-0.8	6:26	0.7	5:10	8:04	
21	Sun	12:38	10.5	1:21	9.1	7:05	-0.6	7:08	1.0	5:09	8:05	
22	Mon	1:20	10.2	2:04	8.8	7:48	-0.3	7:50	1.3	5:09	8:06	
23	Tue	2:02	9.9	2:49	8.5	8:31	0.1	8:34	1.6	5:08	8:07	
24	Wed	2:46	9.5	3:35	8.3	9:16	0.5	9:21	1.9	5:07	8:08	
25	Thu	3:33	9.2	4:24	8.1	10:03	0.8	10:11	2.1	5:06	8:09	
26	Fri	4:24	8.8	5:14	8.1	10:52	1.1	11:04	2.2	5:05	8:10	
27	Sat	5:16	8.6	6:04	8.2	11:40	1.2	11:59	2.2	5:05	8:11	
28	Sun	6:10	8.4	6:53	8.3			12:28	1.3	5:04	8:12	
29	Mon	7:05	8.3	7:41	8.6	12:55	2.0	1:17	1.4	5:03	8:12	
30	Tue	8:00	8.3	8:27	9.0	1:51	1.7	2:05	1.3	5:03	8:13	
31	Wed	8:52	8.4	9:09	9.5	2:42	1.2	2:50	1.2	5:02	8:14	