
































## Portland, ME - Jun 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	9:40	8.6	9:51	9.9	3:30	0.7	3:34	1.1	5:02	8:15	
2	Fri	10:27	8.8	10:32	10.3	4:15	0.2	4:18	0.9	5:01	8:16	
3	Sat	11:13	9.0	11:16	10.7	4:59	-0.3	5:02	0.7	5:01	8:17	
4	Sun			12:01	9.1	5:45	-0.6	5:49	0.6	5:00	8:17	
5	Mon	12:03	10.9	12:49	9.2	6:33	-0.9	6:38	0.5	5:00	8:18	
6	Tue	12:52	11.1	1:39	9.3	7:22	-1.0	7:29	0.5	5:00	8:19	
7	Wed	1:43	11.0	2:32	9.3	8:14	-0.9	8:23	0.5	4:59	8:19	
8	Thu	2:38	10.8	3:29	9.3	9:08	-0.8	9:21	0.6	4:59	8:20	
9	Fri	3:37	10.5	4:28	9.4	10:05	-0.6	10:24	0.7	4:59	8:21	
10	Sat	4:39	10.2	5:28	9.5	11:04	-0.3	11:30	0.7	4:59	8:21	
11	Sun	5:44	9.8	6:28	9.7			12:02	-0.1	4:59	8:22	
12	Mon	6:49	9.4	7:26	9.9	12:36	0.7	1:02	0.2	4:58	8:22	
13	Tue	7:54	9.2	8:23	10.1	1:43	0.5	2:00	0.5	4:58	8:23	
14	Wed	8:56	9.1	9:16	10.3	2:46	0.2	2:56	0.6	4:58	8:23	
15	Thu	9:53	9.0	10:05	10.4	3:42	-0.1	3:48	0.8	4:58	8:24	
16	Fri	10:45	8.9	10:51	10.4	4:33	-0.3	4:36	1.0	4:58	8:24	
17	Sat	11:34	8.9	11:36	10.3	5:21	-0.3	5:22	1.1	4:58	8:25	
18	Sun			12:20	8.8	6:06	-0.3	6:05	1.2	4:58	8:25	
19	Mon	12:19	10.1	1:03	8.7	6:49	-0.1	6:47	1.4	4:59	8:25	
20	Tue	1:00	10.0	1:44	8.6	7:29	0.1	7:28	1.5	4:59	8:25	
21	Wed	1:40	9.8	2:24	8.5	8:09	0.3	8:09	1.6	4:59	8:26	
22	Thu	2:21	9.6	3:05	8.4	8:48	0.5	8:52	1.7	4:59	8:26	
23	Fri	3:03	9.3	3:48	8.4	9:28	0.7	9:37	1.8	4:59	8:26	
24	Sat	3:47	9.0	4:31	8.4	10:10	0.8	10:25	1.9	5:00	8:26	
25	Sun	4:34	8.7	5:15	8.5	10:52	1.0	11:14	1.9	5:00	8:26	
26	Mon	5:23	8.5	5:59	8.7	11:35	1.2			5:00	8:26	
27	Tue	6:14	8.3	6:44	8.9	12:05	1.7	12:20	1.3	5:01	8:26	
28	Wed	7:08	8.1	7:31	9.2	12:59	1.5	1:08	1.4	5:01	8:26	
29	Thu	8:05	8.2	8:20	9.6	1:54	1.1	2:00	1.4	5:02	8:26	
30	Fri	9:00	8.3	9:10	10.1	2:49	0.7	2:52	1.2	5:02	8:26	