

































Portland, ME - Jan 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	2:25	8.3	2:29	8.8	8:18	1.5	8:49	0.8	7:14	4:14	
2	Tue	3:09	8.3	3:16	8.4	9:06	1.6	9:31	1.1	7:14	4:15	
3	Wed	3:53	8.3	4:06	8.1	9:56	1.7	10:15	1.3	7:14	4:16	
4	Thu	4:39	8.3	4:59	7.8	10:49	1.7	11:02	1.5	7:14	4:17	
5	Fri	5:26	8.5	5:56	7.6	11:44	1.6	11:52	1.7	7:14	4:18	
6	Sat	6:16	8.6	6:55	7.6			12:42	1.3	7:14	4:19	
7	Sun	7:07	8.9	7:52	7.8	12:45	1.7	1:38	0.9	7:14	4:20	
8	Mon	7:58	9.4	8:44	8.0	1:39	1.5	2:30	0.4	7:13	4:21	
9	Tue	8:47	9.8	9:33	8.4	2:30	1.2	3:19	-0.1	7:13	4:22	
10	Wed	9:36	10.3	10:21	8.8	3:19	0.8	4:07	-0.6	7:13	4:23	
11	Thu	10:25	10.8	11:09	9.1	4:08	0.4	4:54	-1.0	7:13	4:24	
12	Fri	11:15	11.1	11:57	9.5	4:58	0.0	5:42	-1.3	7:12	4:25	
13	Sat			12:05	11.2	5:49	-0.3	6:30	-1.5	7:12	4:26	
14	Sun	12:45	9.7	12:56	11.1	6:41	-0.4	7:18	-1.4	7:11	4:27	
15	Mon	1:35	9.9	1:49	10.7	7:34	-0.4	8:08	-1.2	7:11	4:29	
16	Tue	2:27	10.0	2:45	10.2	8:31	-0.3	9:01	-0.7	7:10	4:30	
17	Wed	3:22	10.0	3:46	9.6	9:32	-0.2	9:56	-0.2	7:10	4:31	
18	Thu	4:19	9.9	4:50	9.0	10:36	0.0	10:54	0.3	7:09	4:32	
19	Fri	5:18	9.8	5:57	8.6	11:42	0.1	11:55	0.8	7:09	4:34	
20	Sat	6:20	9.7	7:05	8.3			12:51	0.2	7:08	4:35	
21	Sun	7:22	9.6	8:09	8.3	1:00	1.1	1:56	0.1	7:07	4:36	
22	Mon	8:20	9.7	9:06	8.3	2:02	1.1	2:53	-0.1	7:06	4:37	
23	Tue	9:13	9.8	9:57	8.4	2:57	1.1	3:44	-0.2	7:06	4:39	
24	Wed	10:02	9.8	10:42	8.5	3:47	1.0	4:31	-0.2	7:05	4:40	
25	Thu	10:46	9.8	11:24	8.6	4:32	0.9	5:13	-0.2	7:04	4:41	
26	Fri	11:27	9.8			5:13	0.8	5:50	-0.1	7:03	4:43	
27	Sat	12:02	8.6	12:05	9.7	5:52	0.8	6:25	0.0	7:02	4:44	
28	Sun	12:37	8.7	12:41	9.5	6:29	0.8	6:58	0.1	7:01	4:45	
29	Mon	1:11	8.7	1:17	9.2	7:06	0.9	7:31	0.3	7:00	4:47	
30	Tue	1:46	8.7	1:55	8.8	7:45	1.0	8:06	0.6	6:59	4:48	
31	Wed	2:22	8.7	2:35	8.4	8:26	1.1	8:43	0.9	6:58	4:50	