
































Portland, ME - Jun 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	3:41	10.1	4:31	9.0	10:10	-0.1	10:26	1.3	5:01	8:15	
2	Mon	4:41	9.5	5:28	8.9	11:06	0.3	11:28	1.5	5:01	8:16	
3	Tue	5:40	9.1	6:23	8.9			12:01	0.7	5:01	8:17	
4	Wed	6:40	8.6	7:16	8.9	12:31	1.5	12:55	1.1	5:00	8:18	
5	Thu	7:39	8.4	8:07	9.1	1:32	1.5	1:47	1.4	5:00	8:18	
6	Fri	8:35	8.2	8:54	9.2	2:29	1.3	2:37	1.5	5:00	8:19	
7	Sat	9:27	8.2	9:37	9.4	3:20	1.0	3:22	1.6	4:59	8:20	
8	Sun	10:14	8.2	10:18	9.5	4:06	0.8	4:04	1.7	4:59	8:20	
9	Mon	10:58	8.3	10:57	9.6	4:47	0.6	4:43	1.7	4:59	8:21	
10	Tue	11:40	8.3	11:35	9.7	5:27	0.5	5:22	1.7	4:59	8:22	
11	Wed			12:20	8.3	6:05	0.4	6:00	1.6	4:58	8:22	
12	Thu	12:14	9.8	12:59	8.3	6:42	0.3	6:38	1.6	4:58	8:23	
13	Fri	12:51	9.8	1:37	8.4	7:20	0.2	7:17	1.5	4:58	8:23	
14	Sat	1:30	9.9	2:15	8.4	7:58	0.2	7:59	1.5	4:58	8:24	
15	Sun	2:11	9.9	2:56	8.6	8:39	0.1	8:44	1.4	4:58	8:24	
16	Mon	2:55	9.8	3:41	8.8	9:22	0.1	9:34	1.3	4:58	8:24	
17	Tue	3:44	9.7	4:28	9.1	10:08	0.1	10:28	1.1	4:58	8:25	
18	Wed	4:37	9.5	5:18	9.4	10:57	0.1	11:25	0.8	4:59	8:25	
19	Thu	5:34	9.3	6:10	9.8	11:48	0.2			4:59	8:25	
20	Fri	6:34	9.2	7:05	10.2	12:25	0.5	12:42	0.3	4:59	8:26	
21	Sat	7:38	9.1	8:02	10.5	1:27	0.2	1:40	0.4	4:59	8:26	
22	Sun	8:42	9.1	8:59	10.9	2:30	-0.2	2:39	0.4	4:59	8:26	
23	Mon	9:44	9.2	9:55	11.1	3:31	-0.6	3:37	0.3	5:00	8:26	
24	Tue	10:42	9.4	10:51	11.3	4:28	-1.0	4:33	0.3	5:00	8:26	
25	Wed	11:39	9.4	11:46	11.3	5:24	-1.1	5:28	0.3	5:00	8:26	
26	Thu			12:34	9.5	6:18	-1.2	6:23	0.3	5:01	8:26	
27	Fri	12:40	11.2	1:26	9.5	7:10	-1.0	7:16	0.4	5:01	8:26	
28	Sat	1:33	10.9	2:17	9.4	8:01	-0.8	8:09	0.6	5:02	8:26	
29	Sun	2:24	10.5	3:08	9.3	8:50	-0.4	9:03	0.9	5:02	8:26	
30	Mon	3:16	10.0	3:59	9.2	9:39	0.0	9:58	1.1	5:03	8:26	