

































Portland, ME - Jul 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	4:09	9.4	4:49	9.1	10:28	0.5	10:54	1.3	5:03	8:26	
2	Wed	5:03	8.8	5:38	9.0	11:16	0.9	11:50	1.5	5:04	8:26	
3	Thu	5:58	8.4	6:27	9.0			12:04	1.3	5:04	8:25	
4	Fri	6:54	8.0	7:17	8.9	12:47	1.5	12:53	1.7	5:05	8:25	
5	Sat	7:52	7.8	8:07	9.0	1:45	1.5	1:45	1.9	5:06	8:25	
6	Sun	8:48	7.7	8:56	9.1	2:40	1.3	2:37	2.0	5:06	8:25	
7	Mon	9:39	7.8	9:42	9.3	3:31	1.1	3:25	2.0	5:07	8:24	
8	Tue	10:27	7.9	10:26	9.5	4:16	0.9	4:10	1.9	5:08	8:24	
9	Wed	11:11	8.1	11:08	9.7	4:59	0.6	4:52	1.7	5:08	8:23	
10	Thu	11:53	8.3	11:49	9.9	5:39	0.4	5:33	1.5	5:09	8:23	
11	Fri			12:33	8.5	6:18	0.2	6:14	1.3	5:10	8:22	
12	Sat	12:30	10.1	1:12	8.7	6:56	-0.1	6:56	1.1	5:11	8:22	
13	Sun	1:10	10.2	1:50	9.0	7:34	-0.2	7:39	0.9	5:12	8:21	
14	Mon	1:52	10.3	2:31	9.3	8:14	-0.3	8:25	0.7	5:12	8:20	
15	Tue	2:36	10.2	3:13	9.6	8:56	-0.3	9:15	0.5	5:13	8:20	
16	Wed	3:24	9.9	4:00	9.8	9:41	-0.2	10:08	0.4	5:14	8:19	
17	Thu	4:17	9.6	4:50	10.0	10:30	0.0	11:05	0.3	5:15	8:18	
18	Fri	5:15	9.3	5:43	10.2	11:21	0.2			5:16	8:18	
19	Sat	6:16	9.0	6:40	10.3	12:05	0.2	12:17	0.5	5:17	8:17	
20	Sun	7:22	8.7	7:42	10.4	1:09	0.1	1:18	0.7	5:18	8:16	
21	Mon	8:29	8.7	8:45	10.5	2:16	0.0	2:22	0.8	5:19	8:15	
22	Tue	9:33	8.8	9:45	10.7	3:20	-0.3	3:24	0.7	5:20	8:14	
23	Wed	10:32	9.0	10:42	10.8	4:19	-0.5	4:23	0.6	5:21	8:13	
24	Thu	11:28	9.1	11:37	10.9	5:14	-0.7	5:18	0.5	5:22	8:12	
25	Fri			12:20	9.3	6:06	-0.7	6:10	0.4	5:23	8:11	
26	Sat	12:28	10.8	1:08	9.4	6:54	-0.7	7:00	0.4	5:24	8:10	
27	Sun	1:16	10.6	1:53	9.4	7:38	-0.5	7:48	0.5	5:25	8:09	
28	Mon	2:02	10.2	2:36	9.4	8:21	-0.2	8:36	0.7	5:26	8:08	
29	Tue	2:47	9.7	3:19	9.3	9:03	0.2	9:24	0.9	5:27	8:07	
30	Wed	3:34	9.1	4:03	9.2	9:45	0.7	10:13	1.2	5:28	8:06	
31	Thu	4:23	8.6	4:48	9.0	10:28	1.2	11:04	1.4	5:29	8:05	