

Portland, ME - Aug 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	5:15	8.1	5:35	8.9	11:13	1.6	11:58	1.5	5:30	8:03	
2	Sat	6:09	7.7	6:25	8.7			12:01	1.9	5:31	8:02	
3	Sun	7:07	7.5	7:19	8.7	12:55	1.6	12:55	2.2	5:32	8:01	
4	Mon	8:07	7.4	8:15	8.8	1:55	1.6	1:52	2.2	5:33	8:00	
5	Tue	9:03	7.6	9:07	9.1	2:52	1.4	2:47	2.1	5:35	7:58	
6	Wed	9:53	7.8	9:55	9.4	3:42	1.1	3:36	1.8	5:36	7:57	
7	Thu	10:38	8.1	10:40	9.8	4:26	0.7	4:22	1.5	5:37	7:56	
8	Fri	11:20	8.5	11:23	10.2	5:08	0.3	5:05	1.1	5:38	7:54	
9	Sat			12:01	8.9	5:47	-0.1	5:49	0.7	5:39	7:53	
10	Sun	12:05	10.4	12:40	9.3	6:26	-0.4	6:33	0.3	5:40	7:52	
11	Mon	12:48	10.6	1:20	9.7	7:05	-0.6	7:18	0.0	5:41	7:50	
12	Tue	1:31	10.6	2:01	10.1	7:46	-0.7	8:05	-0.2	5:42	7:49	
13	Wed	2:17	10.4	2:44	10.3	8:29	-0.6	8:55	-0.3	5:43	7:47	
14	Thu	3:06	10.0	3:32	10.4	9:15	-0.3	9:49	-0.2	5:45	7:46	
15	Fri	4:01	9.6	4:24	10.4	10:05	0.1	10:47	-0.1	5:46	7:44	
16	Sat	5:00	9.1	5:21	10.2	11:00	0.5	11:49	0.1	5:47	7:43	
17	Sun	6:04	8.7	6:24	10.1			12:00	0.9	5:48	7:41	
18	Mon	7:13	8.5	7:31	10.0	12:57	0.2	1:06	1.1	5:49	7:39	
19	Tue	8:23	8.4	8:38	10.1	2:07	0.2	2:15	1.1	5:50	7:38	
20	Wed	9:27	8.6	9:40	10.3	3:13	0.1	3:19	0.9	5:51	7:36	
21	Thu	10:23	8.9	10:35	10.4	4:11	-0.2	4:17	0.7	5:52	7:35	
22	Fri	11:14	9.2	11:26	10.5	5:02	-0.3	5:09	0.5	5:54	7:33	
23	Sat			12:01	9.4	5:49	-0.4	5:57	0.3	5:55	7:31	
24	Sun	12:12	10.4	12:43	9.5	6:31	-0.3	6:42	0.3	5:56	7:30	
25	Mon	12:56	10.1	1:22	9.6	7:10	-0.1	7:25	0.4	5:57	7:28	
26	Tue	1:37	9.8	2:00	9.5	7:47	0.2	8:06	0.5	5:58	7:26	
27	Wed	2:18	9.3	2:37	9.4	8:23	0.6	8:48	0.7	5:59	7:25	
28	Thu	2:59	8.9	3:15	9.2	9:01	1.1	9:32	1.0	6:00	7:23	
29	Fri	3:44	8.4	3:58	9.0	9:41	1.5	10:19	1.3	6:01	7:21	
30	Sat	4:33	8.0	4:44	8.7	10:26	1.9	11:10	1.5	6:02	7:19	
31	Sun	5:26	7.6	5:36	8.6	11:15	2.2			6:04	7:18	