

































## Portland, ME - Mar 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	9:11	10.2	9:49	9.3	2:52	0.4	3:35	-0.6	6:16	5:29	
2	Mon	10:04	10.4	10:36	9.6	3:47	0.0	4:23	-0.8	6:15	5:30	
3	Tue	10:52	10.4	11:20	9.9	4:37	-0.3	5:07	-0.8	6:13	5:32	
4	Wed	11:37	10.3			5:24	-0.5	5:48	-0.6	6:11	5:33	
5	Thu	12:00	10.0	12:20	10.0	6:07	-0.5	6:26	-0.3	6:10	5:34	
6	Fri	12:38	9.9	1:01	9.5	6:49	-0.3	7:03	0.1	6:08	5:35	
7	Sat	1:15	9.8	1:43	9.0	7:30	-0.1	7:41	0.6	6:06	5:37	
8	Sun	1:54	9.4	3:27	8.5	9:13	0.3	9:22	1.1	7:04	6:38	
9	Mon	3:35	9.1	4:15	8.0	9:59	0.7	10:06	1.6	7:03	6:39	
10	Tue	4:22	8.7	5:07	7.6	10:50	1.1	10:56	2.0	7:01	6:40	
11	Wed	5:15	8.4	6:05	7.3	11:46	1.4	11:52	2.2	6:59	6:42	
12	Thu	6:13	8.2	7:08	7.2			12:48	1.6	6:57	6:43	
13	Fri	7:16	8.3	8:09	7.3	12:53	2.3	1:52	1.5	6:56	6:44	
14	Sat	8:17	8.5	9:03	7.7	1:57	2.1	2:48	1.2	6:54	6:45	
15	Sun	9:10	8.9	9:48	8.2	2:53	1.7	3:35	0.8	6:52	6:47	
16	Mon	9:57	9.3	10:28	8.8	3:41	1.2	4:15	0.3	6:50	6:48	
17	Tue	10:40	9.7	11:06	9.4	4:25	0.6	4:53	-0.1	6:48	6:49	
18	Wed	11:21	10.0	11:44	10.0	5:07	0.0	5:31	-0.4	6:47	6:50	
19	Thu			12:03	10.2	5:50	-0.6	6:09	-0.6	6:45	6:52	
20	Fri	12:22	10.4	12:46	10.2	6:33	-1.0	6:49	-0.7	6:43	6:53	
21	Sat	1:02	10.7	1:31	10.1	7:18	-1.2	7:32	-0.5	6:41	6:54	
22	Sun	1:44	10.9	2:18	9.8	8:05	-1.2	8:18	-0.2	6:39	6:55	
23	Mon	2:30	10.8	3:10	9.4	8:55	-1.0	9:08	0.2	6:38	6:56	
24	Tue	3:22	10.4	4:09	8.9	9:52	-0.6	10:05	0.6	6:36	6:58	
25	Wed	4:22	10.0	5:15	8.5	10:55	-0.1	11:08	1.0	6:34	6:59	
26	Thu	5:30	9.7	6:26	8.3			12:04	0.2	6:32	7:00	
27	Fri	6:43	9.4	7:38	8.3	12:19	1.3	1:17	0.4	6:30	7:01	
28	Sat	7:56	9.4	8:45	8.7	1:34	1.2	2:27	0.3	6:29	7:02	
29	Sun	9:02	9.6	9:41	9.1	2:45	0.9	3:26	0.0	6:27	7:04	
30	Mon	9:59	9.8	10:30	9.5	3:45	0.5	4:16	-0.1	6:25	7:05	
31	Tue	10:50	9.9	11:14	9.9	4:36	0.0	5:01	-0.2	6:23	7:06	