US HARBORS www.USHarbors.com

Portland, ME - Jan 2029

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	11:04	10.6	11:43	9.3	4:48	0.4	5:29	-0.9	7:14	4:15	
2	Tue	11:48	10.8			5:33	0.1	6:11	-1.1	7:14	4:16	
3	Wed	12:26	9.5	12:34	10.8	6:20	-0.1	6:55	-1.1	7:14	4:16	
4	Thu	1:10	9.8	1:22	10.6	7:09	-0.3	7:41	-1.1	7:14	4:17	
5	Fri	1:58	9.9	2:13	10.2	8:01	-0.3	8:30	-0.8	7:14	4:18	
6	Sat	2:49	10.0	3:10	9.8	8:58	-0.2	9:23	-0.5	7:14	4:19	
7	Sun	3:44	10.0	4:12	9.3	9:58	-0.1	10:19	0.0	7:13	4:20	
8	Mon	4:42	10.0	5:17	8.9	11:02	0.0	11:19	0.3	7:13	4:22	
9	Tue	5:43	10.0	6:26	8.6			12:10	0.0	7:13	4:23	
10	Wed	6:48	10.0	7:34	8.6	12:23	0.6	1:19	-0.1	7:13	4:24	
11	Thu	7:50	10.1	8:36	8.7	1:29	0.7	2:22	-0.3	7:12	4:25	
12	Fri	8:48	10.3	9:32	8.9	2:29	0.6	3:19	-0.5	7:12	4:26	
13	Sat	9:41	10.4	10:23	9.0	3:24	0.5	4:10	-0.7	7:11	4:27	
14	Sun	10:31	10.4	11:10	9.1	4:15	0.3	4:56	-0.7	7:11	4:28	
15	Mon	11:16	10.3	11:52	9.2	5:02	0.3	5:39	-0.7	7:10	4:30	
16	Tue	11:59	10.1			5:46	0.3	6:19	-0.5	7:10	4:31	
17	Wed	12:32	9.2	12:39	9.8	6:28	0.4	6:57	-0.2	7:09	4:32	
18	Thu	1:11	9.1	1:19	9.5	7:09	0.6	7:33	0.1	7:09	4:33	
19	Fri	1:49	9.0	2:00	9.0	7:51	0.8	8:11	0.5	7:08	4:35	
20	Sat	2:28	8.9	2:44	8.5	8:34	1.0	8:51	0.9	7:07	4:36	
21	Sun	3:10	8.7	3:32	8.1	9:21	1.2	9:34	1.2	7:07	4:37	
22	Mon	3:55	8.6	4:23	7.7	10:12	1.3	10:20	1.5	7:06	4:39	
23	Tue	4:43	8.5	5:19	7.5	11:06	1.4	11:11	1.8	7:05	4:40	
24	Wed	5:36	8.5	6:19	7.4			12:04	1.4	7:04	4:41	
25	Thu	6:33	8.7	7:20	7.5	12:07	1.8	1:05	1.2	7:03	4:42	
26	Fri	7:29	9.0	8:14	7.8	1:05	1.7	2:01	0.8	7:02	4:44	
27	Sat	8:21	9.5	9:03	8.2	2:00	1.3	2:50	0.2	7:01	4:45	
28	Sun	9:10	10.0	9:49	8.8	2:51	0.9	3:36	-0.3	7:00	4:47	
29	Mon	9:57	10.5	10:33	9.3	3:39	0.3	4:20	-0.8	6:59	4:48	
30	Tue	10:43	10.9	11:17	9.8	4:26	-0.2	5:04	-1.3	6:58	4:49	
31	Wed	11:30	11.1			5:14	-0.7	5:47	-1.5	6:57	4:51	