US HARBORS www.USHarbors.com

Portland, ME - Jul 2029

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	3:21	9.6	4:00	9.2	9:39	0.3	10:02	1.1	5:03	8:26	
2	Mon	4:11	9.1	4:47	9.1	10:25	0.7	10:55	1.3	5:04	8:26	
3	Tue	5:03	8.6	5:34	9.0	11:10	1.1	11:48	1.5	5:04	8:25	
4	Wed	5:56	8.2	6:22	9.0	11:57	1.5			5:05	8:25	
5	Thu	6:51	7.9	7:13	9.0	12:43	1.5	12:47	1.7	5:06	8:25	
6	Fri	7:49	7.8	8:04	9.0	1:41	1.5	1:40	1.9	5:06	8:25	
7	Sat	8:45	7.8	8:54	9.2	2:36	1.3	2:32	1.9	5:07	8:24	
8	Sun	9:36	7.9	9:41	9.5	3:26	1.0	3:21	1.8	5:08	8:24	
9	Mon	10:22	8.1	10:25	9.8	4:12	0.7	4:06	1.5	5:08	8:23	
10	Tue	11:07	8.4	11:08	10.1	4:54	0.4	4:50	1.3	5:09	8:23	
11	Wed	11:49	8.7	11:50	10.3	5:35	0.1	5:33	1.0	5:10	8:22	
12	Thu			12:30	9.0	6:15	-0.3	6:17	0.7	5:11	8:22	
13	Fri	12:32	10.5	1:10	9.3	6:55	-0.5	7:02	0.4	5:12	8:21	
14	Sat	1:15	10.6	1:52	9.7	7:36	-0.7	7:48	0.2	5:12	8:20	
15	Sun	2:00	10.6	2:35	10.0	8:19	-0.7	8:37	0.1	5:13	8:20	
16	Mon	2:48	10.4	3:22	10.2	9:04	-0.6	9:30	0.0	5:14	8:19	
17	Tue	3:41	10.0	4:13	10.3	9:53	-0.4	10:26	0.0	5:15	8:18	
18	Wed	4:37	9.6	5:07	10.4	10:46	-0.1	11:26	0.0	5:16	8:18	
19	Thu	5:38	9.3	6:05	10.4	11:41	0.2			5:17	8:17	
20	Fri	6:43	8.9	7:06	10.4	12:29	0.1	12:41	0.5	5:18	8:16	
21	Sat	7:51	8.8	8:10	10.4	1:36	0.1	1:46	0.7	5:19	8:15	
22	Sun	8:57	8.8	9:12	10.5	2:43	-0.1	2:50	0.7	5:20	8:14	
23	Mon	9:57	9.0	10:10	10.7	3:44	-0.3	3:50	0.6	5:21	8:13	
24	Tue	10:53	9.1	11:03	10.7	4:40	-0.5	4:45	0.5	5:22	8:12	
25	Wed	11:44	9.3	11:53	10.7	5:31	-0.6	5:37	0.4	5:23	8:11	
26	Thu			12:31	9.4	6:18	-0.6	6:25	0.4	5:24	8:10	
27	Fri	12:40	10.5	1:15	9.5	7:01	-0.5	7:11	0.4	5:25	8:09	
28	Sat	1:24	10.2	1:56	9.5	7:42	-0.2	7:55	0.5	5:26	8:08	
29	Sun	2:07	9.9	2:36	9.4	8:21	0.1	8:39	0.7	5:27	8:07	
30	Mon	2:49	9.4	3:17	9.3	9:00	0.5	9:24	1.0	5:28	8:06	
31	Tue	3:34	8.9	3:59	9.1	9:40	0.9	10:11	1.2	5:29	8:05	