US HARBORS www.USHarbors.com

Portland, ME - Jan 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	7:52	10.6	8:37	9.2	1:31	0.2	2:23	-0.8	7:14	4:14	
2	Wed	8:51	11.0	9:35	9.5	2:32	0.0	3:20	-1.2	7:14	4:15	
3	Thu	9:47	11.2	10:30	9.7	3:29	-0.2	4:15	-1.4	7:14	4:16	
4	Fri	10:41	11.3	11:22	9.9	4:24	-0.4	5:07	-1.5	7:14	4:17	
5	Sat	11:33	11.2			5:16	-0.5	5:56	-1.4	7:14	4:18	
6	Sun	12:12	9.9	12:23	10.9	6:07	-0.4	6:44	-1.2	7:14	4:19	
7	Mon	12:59	9.8	1:11	10.4	6:57	-0.2	7:30	-0.8	7:13	4:20	
8	Tue	1:47	9.6	2:00	9.9	7:48	0.1	8:16	-0.3	7:13	4:21	
9	Wed	2:35	9.4	2:51	9.2	8:40	0.5	9:03	0.3	7:13	4:22	
10	Thu	3:24	9.2	3:45	8.6	9:34	0.8	9:52	0.8	7:13	4:23	
11	Fri	4:14	8.9	4:40	8.1	10:30	1.1	10:42	1.2	7:12	4:25	
12	Sat	5:05	8.8	5:38	7.8	11:28	1.2	11:35	1.6	7:12	4:26	
13	Sun	5:59	8.7	6:38	7.6			12:28	1.3	7:12	4:27	
14	Mon	6:54	8.7	7:36	7.7	12:32	1.7	1:27	1.1	7:11	4:28	
15	Tue	7:47	8.9	8:28	7.8	1:28	1.7	2:19	0.9	7:11	4:29	
16	Wed	8:35	9.2	9:14	8.1	2:18	1.5	3:04	0.5	7:10	4:31	
17	Thu	9:19	9.5	9:57	8.4	3:02	1.3	3:45	0.2	7:09	4:32	
18	Fri	10:00	9.8	10:36	8.6	3:43	1.0	4:23	-0.1	7:09	4:33	
19	Sat	10:39	10.0	11:14	8.9	4:23	0.7	5:00	-0.4	7:08	4:34	
20	Sun	11:18	10.2	11:50	9.2	5:03	0.4	5:36	-0.6	7:08	4:36	
21	Mon	11:56	10.3			5:43	0.1	6:13	-0.7	7:07	4:37	
22	Tue	12:27	9.5	12:37	10.3	6:25	-0.1	6:52	-0.8	7:06	4:38	
23	Wed	1:06	9.8	1:19	10.1	7:09	-0.2	7:33	-0.7	7:05	4:40	
24	Thu	1:48	9.9	2:07	9.8	7:57	-0.3	8:19	-0.5	7:04	4:41	
25	Fri	2:35	10.0	3:00	9.4	8:49	-0.2	9:09	-0.2	7:04	4:42	
26	Sat	3:27	10.0	3:59	9.0	9:47	-0.1	10:04	0.1	7:03	4:43	
27	Sun	4:24	9.9	5:03	8.7	10:49	0.0	11:04	0.4	7:02	4:45	
28	Mon	5:27	9.9	6:13	8.5	11:57	0.0			7:01	4:46	
29	Tue	6:35	10.0	7:24	8.6	12:10	0.6	1:08	-0.1	7:00	4:48	
30	Wed	7:42	10.2	8:29	8.8	1:19	0.5	2:14	-0.4	6:59	4:49	
31	Thu	8:44	10.4	9:26	9.2	2:24	0.3	3:12	-0.8	6:58	4:50	