US HARBORS www.USHarbors.com

Portland, ME - Mar 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	8:36	10.0	9:14	9.2	2:18	0.5	3:00	-0.4	6:16	5:29	
2	Sat	9:30	10.2	10:03	9.6	3:14	0.1	3:50	-0.6	6:15	5:30	
3	Sun	10:19	10.3	10:47	9.8	4:05	-0.2	4:35	-0.6	6:13	5:32	
4	Mon	11:05	10.2	11:28	9.9	4:51	-0.4	5:16	-0.6	6:11	5:33	
5	Tue	11:47	10.0			5:34	-0.5	5:54	-0.3	6:10	5:34	
6	Wed	12:06	9.9	12:26	9.7	6:15	-0.4	6:30	0.0	6:08	5:35	
7	Thu	12:42	9.8	1:05	9.3	6:54	-0.2	7:06	0.3	6:06	5:37	
8	Fri	1:18	9.6	1:45	8.9	7:33	0.1	7:43	0.7	6:04	5:38	
9	Sat	1:56	9.3	2:28	8.4	8:14	0.4	8:23	1.1	6:03	5:39	
10	Sun	3:38	9.0	4:14	8.0	9:59	0.8	10:08	1.5	7:01	6:40	
11	Mon	4:24	8.7	5:06	7.7	10:49	1.1	10:57	1.8	6:59	6:42	
12	Tue	5:17	8.5	6:02	7.5	11:43	1.3	11:52	2.0	6:57	6:43	
13	Wed	6:13	8.4	7:02	7.5			12:41	1.4	6:56	6:44	
14	Thu	7:14	8.5	8:01	7.7	12:51	2.0	1:42	1.3	6:54	6:45	
15	Fri	8:13	8.7	8:54	8.2	1:52	1.7	2:37	0.9	6:52	6:47	
16	Sat	9:06	9.2	9:40	8.7	2:48	1.2	3:25	0.4	6:50	6:48	
17	Sun	9:54	9.6	10:23	9.4	3:38	0.6	4:09	0.0	6:48	6:49	
18	Mon	10:40	10.1	11:04	10.0	4:25	-0.1	4:51	-0.5	6:47	6:50	
19	Tue	11:26	10.4	11:46	10.6	5:11	-0.7	5:33	-0.8	6:45	6:52	
20	Wed			12:11	10.6	5:57	-1.2	6:16	-1.0	6:43	6:53	
21	Thu	12:29	11.0	12:58	10.6	6:44	-1.5	7:01	-1.0	6:41	6:54	
22	Fri	1:14	11.2	1:46	10.4	7:32	-1.6	7:48	-0.9	6:39	6:55	
23	Sat	2:01	11.2	2:38	10.0	8:22	-1.5	8:38	-0.5	6:38	6:56	
24	Sun	2:53	10.9	3:34	9.6	9:17	-1.1	9:33	0.0	6:36	6:58	
25	Mon	3:50	10.5	4:37	9.1	10:17	-0.7	10:34	0.4	6:34	6:59	
26	Tue	4:54	10.1	5:44	8.8	11:22	-0.2	11:41	0.8	6:32	7:00	
27	Wed	6:03	9.7	6:54	8.7			12:32	0.1	6:30	7:01	
28	Thu	7:14	9.5	8:02	8.8	12:52	1.0	1:42	0.2	6:29	7:02	
29	Fri	8:22	9.5	9:02	9.1	2:04	0.9	2:46	0.2	6:27	7:04	
30	Sat	9:23	9.6	9:55	9.4	3:08	0.5	3:41	0.0	6:25	7:05	
31	Sun	10:15	9.7	10:41	9.7	4:03	0.2	4:28	0.0	6:23	7:06	