



## Portland, ME - Jul 2030

| Date |     | High  |      |       |      | Low   |      |       |      |  |      |  |
|------|-----|-------|------|-------|------|-------|------|-------|------|---|------|---|
|      |     | AM    | ft   | PM    | ft   | AM    | ft   | PM    | ft   | Rise  | Set  | Moon  |
| 1    | Mon |       |      | 12:34 | 8.6  | 6:20  | 0.2  | 6:17  | 1.3  | 5:03  | 8:26 | ☀   |
| 2    | Tue | 12:32 | 9.9  | 1:10  | 8.8  | 6:55  | 0.1  | 6:55  | 1.2  | 5:04  | 8:26 | ☀   |
| 3    | Wed | 1:08  | 9.9  | 1:46  | 8.9  | 7:29  | 0.0  | 7:34  | 1.1  | 5:04  | 8:26 | ☀   |
| 4    | Thu | 1:45  | 9.9  | 2:22  | 9.1  | 8:05  | 0.0  | 8:15  | 1.0  | 5:05  | 8:25 | ☀   |
| 5    | Fri | 2:24  | 9.8  | 3:00  | 9.3  | 8:43  | 0.0  | 8:59  | 0.8  | 5:05  | 8:25 | ☀   |
| 6    | Sat | 3:07  | 9.7  | 3:42  | 9.5  | 9:24  | 0.0  | 9:47  | 0.7  | 5:06  | 8:25 | ☀   |
| 7    | Sun | 3:55  | 9.5  | 4:28  | 9.7  | 10:09 | 0.1  | 10:39 | 0.6  | 5:07  | 8:24 | ☀   |
| 8    | Mon | 4:47  | 9.3  | 5:18  | 10.0 | 10:58 | 0.2  | 11:35 | 0.4  | 5:07  | 8:24 | ☀   |
| 9    | Tue | 5:44  | 9.1  | 6:12  | 10.2 | 11:51 | 0.3  |       |      | 5:08  | 8:23 | ☀   |
| 10   | Wed | 6:46  | 8.9  | 7:11  | 10.4 | 12:36 | 0.3  | 12:49 | 0.4  | 5:09  | 8:23 | ☀   |
| 11   | Thu | 7:52  | 8.9  | 8:13  | 10.7 | 1:40  | 0.0  | 1:51  | 0.4  | 5:10  | 8:22 | ☀   |
| 12   | Fri | 8:58  | 9.1  | 9:15  | 11.0 | 2:45  | -0.4 | 2:54  | 0.3  | 5:11  | 8:22 | ☀   |
| 13   | Sat | 9:59  | 9.4  | 10:13 | 11.3 | 3:46  | -0.8 | 3:54  | 0.0  | 5:11  | 8:21 | ☀   |
| 14   | Sun | 10:58 | 9.7  | 11:10 | 11.5 | 4:43  | -1.1 | 4:51  | -0.2 | 5:12  | 8:21 | ☀   |
| 15   | Mon | 11:53 | 9.9  |       |      | 5:38  | -1.3 | 5:48  | -0.3 | 5:13  | 8:20 | ☀   |
| 16   | Tue | 12:06 | 11.5 | 12:46 | 10.1 | 6:31  | -1.4 | 6:42  | -0.4 | 5:14  | 8:19 | ☀   |
| 17   | Wed | 12:59 | 11.3 | 1:37  | 10.2 | 7:20  | -1.3 | 7:35  | -0.3 | 5:15  | 8:19 | ☀   |
| 18   | Thu | 1:50  | 11.0 | 2:26  | 10.2 | 8:09  | -1.0 | 8:28  | -0.1 | 5:16  | 8:18 | ☀   |
| 19   | Fri | 2:41  | 10.4 | 3:15  | 10.0 | 8:57  | -0.5 | 9:21  | 0.2  | 5:17  | 8:17 | ☀   |
| 20   | Sat | 3:33  | 9.8  | 4:05  | 9.8  | 9:45  | 0.0  | 10:16 | 0.6  | 5:18  | 8:16 | ☀   |
| 21   | Sun | 4:27  | 9.2  | 4:56  | 9.5  | 10:34 | 0.6  | 11:12 | 0.9  | 5:19  | 8:15 | ☀   |
| 22   | Mon | 5:22  | 8.7  | 5:47  | 9.3  | 11:24 | 1.1  |       |      | 5:20  | 8:14 | ☀   |
| 23   | Tue | 6:18  | 8.2  | 6:40  | 9.1  | 12:09 | 1.1  | 12:16 | 1.5  | 5:21  | 8:13 | ☀   |
| 24   | Wed | 7:16  | 7.9  | 7:35  | 9.1  | 1:08  | 1.3  | 1:11  | 1.7  | 5:22  | 8:12 | ☀   |
| 25   | Thu | 8:15  | 7.8  | 8:29  | 9.1  | 2:07  | 1.3  | 2:08  | 1.8  | 5:23  | 8:11 | ☀   |
| 26   | Fri | 9:09  | 7.9  | 9:19  | 9.3  | 3:02  | 1.1  | 3:00  | 1.8  | 5:24  | 8:10 | ☀   |
| 27   | Sat | 9:58  | 8.1  | 10:05 | 9.5  | 3:50  | 0.9  | 3:48  | 1.6  | 5:25  | 8:09 | ☀   |
| 28   | Sun | 10:42 | 8.3  | 10:47 | 9.7  | 4:33  | 0.6  | 4:30  | 1.4  | 5:26  | 8:08 | ☀   |
| 29   | Mon | 11:24 | 8.6  | 11:27 | 9.9  | 5:12  | 0.4  | 5:11  | 1.2  | 5:27  | 8:07 | ☀   |
| 30   | Tue |       |      | 12:02 | 8.8  | 5:49  | 0.2  | 5:50  | 0.9  | 5:28  | 8:06 | ☀   |
| 31   | Wed | 12:06 | 10.0 | 12:39 | 9.1  | 6:24  | 0.0  | 6:29  | 0.7  | 5:29  | 8:05 | ☀   |