US HARBORS www.USHarbors.com

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	