US HARBORS www.USHarbors.com

Portland, ME - Jan 2031

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	5:04	9.5	5:34	8.6	11:23	0.6	11:39	0.8	7:14	4:14	
2	Thu	6:02	9.3	6:37	8.3			12:27	0.7	7:14	4:15	
3	Fri	6:59	9.3	7:37	8.2	12:38	1.1	1:28	0.6	7:14	4:16	
4	Sat	7:52	9.3	8:30	8.2	1:35	1.3	2:22	0.5	7:14	4:17	
5	Sun	8:41	9.4	9:18	8.3	2:26	1.2	3:09	0.3	7:14	4:18	
6	Mon	9:25	9.6	10:01	8.5	3:11	1.2	3:52	0.2	7:14	4:19	
7	Tue	10:06	9.7	10:41	8.6	3:52	1.0	4:31	0.0	7:14	4:20	
8	Wed	10:44	9.8	11:19	8.7	4:30	0.9	5:07	-0.1	7:13	4:21	
9	Thu	11:21	9.8	11:54	8.8	5:07	0.8	5:40	-0.1	7:13	4:22	
10	Fri	11:56	9.8			5:42	0.8	6:13	-0.1	7:13	4:23	
11	Sat	12:28	8.9	12:30	9.7	6:18	0.7	6:46	-0.1	7:12	4:24	
12	Sun	1:01	9.0	1:06	9.5	6:56	0.7	7:21	-0.1	7:12	4:25	
13	Mon	1:36	9.1	1:45	9.4	7:36	0.6	8:00	0.0	7:12	4:27	
14	Tue	2:14	9.2	2:28	9.1	8:21	0.6	8:42	0.2	7:11	4:28	
15	Wed	2:58	9.3	3:18	8.9	9:10	0.5	9:29	0.3	7:11	4:29	
16	Thu	3:46	9.4	4:13	8.6	10:04	0.5	10:21	0.5	7:10	4:30	
17	Fri	4:40	9.6	5:14	8.5	11:03	0.4	11:18	0.6	7:10	4:32	
18	Sat	5:39	9.8	6:21	8.5			12:08	0.2	7:09	4:33	
19	Sun	6:43	10.1	7:29	8.7	12:21	0.5	1:14	-0.2	7:08	4:34	
20	Mon	7:47	10.5	8:32	9.2	1:26	0.3	2:17	-0.7	7:08	4:35	
21	Tue	8:48	11.0	9:30	9.6	2:28	-0.1	3:16	-1.2	7:07	4:37	
22	Wed	9:45	11.3	10:25	10.0	3:26	-0.6	4:10	-1.7	7:06	4:38	
23	Thu	10:40	11.5	11:18	10.4	4:22	-0.9	5:02	-1.9	7:05	4:39	
24	Fri	11:33	11.5			5:16	-1.1	5:52	-1.9	7:05	4:40	
25	Sat	12:08	10.5	12:24	11.3	6:09	-1.1	6:41	-1.6	7:04	4:42	
26	Sun	12:57	10.5	1:15	10.8	7:01	-1.0	7:29	-1.2	7:03	4:43	
27	Mon	1:46	10.3	2:07	10.1	7:53	-0.6	8:18	-0.6	7:02	4:44	
28	Tue	2:37	10.0	3:01	9.4	8:48	-0.2	9:08	0.0	7:01	4:46	
29	Wed	3:29	9.6	3:58	8.8	9:45	0.3	10:01	0.6	7:00	4:47	
30	Thu	4:23	9.3	4:57	8.2	10:44	0.7	10:57	1.2	6:59	4:49	
31	Fri	5:19	9.0	5:58	7.9	11:47	0.9	11:56	1.5	6:58	4:50	