































Portland, ME - May 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	1:01	11.6	1:40	10.4	7:23	-1.7	7:37	-0.4	5:32	7:43	
2	Mon	1:51	11.3	2:33	10.0	8:15	-1.4	8:28	0.0	5:31	7:44	
3	Tue	2:43	10.8	3:27	9.6	9:08	-0.8	9:23	0.5	5:29	7:46	
4	Wed	3:38	10.2	4:24	9.2	10:03	-0.3	10:21	1.0	5:28	7:47	
5	Thu	4:36	9.6	5:22	8.9	11:00	0.3	11:21	1.3	5:26	7:48	
6	Fri	5:35	9.1	6:19	8.7	11:58	0.7			5:25	7:49	
7	Sat	6:35	8.8	7:15	8.7	12:23	1.5	12:55	1.0	5:24	7:50	
8	Sun	7:34	8.6	8:09	8.9	1:25	1.5	1:51	1.1	5:23	7:51	
9	Mon	8:31	8.6	8:58	9.1	2:23	1.4	2:42	1.1	5:21	7:52	
10	Tue	9:22	8.7	9:42	9.3	3:15	1.1	3:27	1.1	5:20	7:54	
11	Wed	10:07	8.8	10:22	9.6	3:59	0.8	4:08	1.0	5:19	7:55	
12	Thu	10:50	8.9	10:59	9.8	4:40	0.5	4:45	1.0	5:18	7:56	
13	Fri	11:30	9.0	11:35	9.9	5:18	0.2	5:21	0.9	5:17	7:57	
14	Sat			12:09	9.0	5:54	0.0	5:57	0.9	5:16	7:58	
15	Sun	12:11	10.0	12:47	9.0	6:30	-0.1	6:34	0.9	5:15	7:59	
16	Mon	12:47	10.1	1:24	9.0	7:07	-0.2	7:13	0.8	5:14	8:00	
17	Tue	1:24	10.2	2:03	9.0	7:47	-0.3	7:54	0.8	5:13	8:01	
18	Wed	2:04	10.2	2:46	9.1	8:29	-0.3	8:40	0.8	5:12	8:02	
19	Thu	2:49	10.1	3:33	9.1	9:15	-0.2	9:30	0.9	5:11	8:03	
20	Fri	3:40	10.0	4:25	9.2	10:05	-0.2	10:25	0.8	5:10	8:04	
21	Sat	4:36	9.8	5:21	9.4	10:59	-0.1	11:25	0.7	5:09	8:05	
22	Sun	5:37	9.7	6:19	9.7	11:56	-0.1			5:08	8:06	
23	Mon	6:41	9.7	7:19	10.1	12:28	0.5	12:55	-0.1	5:07	8:07	
24	Tue	7:47	9.7	8:19	10.5	1:33	0.1	1:56	-0.1	5:06	8:08	
25	Wed	8:51	9.8	9:16	10.9	2:37	-0.3	2:55	-0.3	5:06	8:09	
26	Thu	9:50	10.0	10:09	11.3	3:37	-0.8	3:51	-0.4	5:05	8:10	
27	Fri	10:47	10.2	11:01	11.5	4:32	-1.2	4:44	-0.4	5:04	8:11	
28	Sat	11:41	10.2	11:53	11.5	5:26	-1.4	5:36	-0.4	5:04	8:12	
29	Sun			12:33	10.1	6:17	-1.5	6:27	-0.2	5:03	8:13	
30	Mon	12:43	11.3	1:24	10.0	7:07	-1.3	7:17	0.1	5:03	8:14	
31	Tue	1:32	11.0	2:14	9.7	7:56	-1.0	8:07	0.4	5:02	8:15	