
































Portland, ME - Jun 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	2:21	10.6	3:04	9.5	8:45	-0.6	8:58	0.8	5:01	8:15	
2	Thu	3:11	10.0	3:55	9.2	9:35	-0.1	9:51	1.1	5:01	8:16	
3	Fri	4:03	9.5	4:47	9.0	10:25	0.3	10:46	1.4	5:01	8:17	
4	Sat	4:57	9.1	5:38	8.9	11:15	0.7	11:42	1.6	5:00	8:18	
5	Sun	5:52	8.7	6:29	8.9			12:05	1.0	5:00	8:18	
6	Mon	6:47	8.4	7:20	8.9	12:39	1.6	12:57	1.3	5:00	8:19	
7	Tue	7:44	8.3	8:10	9.1	1:37	1.5	1:48	1.4	4:59	8:20	
8	Wed	8:38	8.3	8:57	9.3	2:31	1.3	2:37	1.4	4:59	8:20	
9	Thu	9:28	8.4	9:40	9.6	3:20	1.0	3:22	1.3	4:59	8:21	
10	Fri	10:14	8.5	10:21	9.8	4:04	0.7	4:04	1.2	4:59	8:22	
11	Sat	10:57	8.7	11:01	10.0	4:44	0.4	4:45	1.1	4:58	8:22	
12	Sun	11:39	8.9	11:41	10.3	5:24	0.1	5:25	0.9	4:58	8:23	
13	Mon			12:20	9.0	6:04	-0.2	6:07	0.8	4:58	8:23	
14	Tue	12:21	10.5	1:01	9.2	6:44	-0.4	6:50	0.6	4:58	8:24	
15	Wed	1:03	10.6	1:43	9.4	7:26	-0.6	7:35	0.5	4:58	8:24	
16	Thu	1:47	10.6	2:28	9.5	8:10	-0.7	8:23	0.4	4:58	8:24	
17	Fri	2:34	10.5	3:16	9.7	8:57	-0.7	9:15	0.4	4:58	8:25	
18	Sat	3:25	10.4	4:08	9.9	9:47	-0.6	10:11	0.3	4:59	8:25	
19	Sun	4:22	10.1	5:03	10.0	10:40	-0.5	11:10	0.3	4:59	8:25	
20	Mon	5:22	9.8	6:00	10.2	11:36	-0.3			4:59	8:26	
21	Tue	6:25	9.6	6:59	10.4	12:13	0.2	12:34	-0.1	4:59	8:26	
22	Wed	7:31	9.4	8:00	10.6	1:18	0.0	1:35	0.1	4:59	8:26	
23	Thu	8:36	9.4	8:58	10.8	2:23	-0.2	2:36	0.1	5:00	8:26	
24	Fri	9:37	9.5	9:54	11.0	3:24	-0.5	3:34	0.1	5:00	8:26	
25	Sat	10:34	9.6	10:47	11.1	4:21	-0.8	4:29	0.1	5:00	8:26	
26	Sun	11:28	9.7	11:38	11.0	5:13	-1.0	5:21	0.1	5:01	8:26	
27	Mon			12:18	9.7	6:04	-1.0	6:11	0.2	5:01	8:26	
28	Tue	12:26	10.9	1:06	9.6	6:51	-0.9	6:59	0.4	5:02	8:26	
29	Wed	1:13	10.7	1:52	9.5	7:36	-0.6	7:45	0.6	5:02	8:26	
30	Thu	1:58	10.3	2:36	9.4	8:19	-0.3	8:31	0.8	5:03	8:26	