

































Portland, ME - Jul 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	2:43	9.9	3:21	9.2	9:03	0.0	9:18	1.1	5:03	8:26	
2	Sat	3:29	9.4	4:07	9.1	9:46	0.4	10:07	1.3	5:04	8:26	
3	Sun	4:17	9.0	4:53	9.0	10:30	0.7	10:58	1.5	5:04	8:25	
4	Mon	5:07	8.6	5:40	8.9	11:16	1.1	11:50	1.5	5:05	8:25	
5	Tue	5:59	8.3	6:28	8.9			12:03	1.3	5:06	8:25	
6	Wed	6:54	8.1	7:18	9.0	12:44	1.6	12:52	1.5	5:06	8:25	
7	Thu	7:50	8.0	8:09	9.2	1:40	1.4	1:44	1.6	5:07	8:24	
8	Fri	8:45	8.1	8:57	9.5	2:34	1.2	2:35	1.5	5:08	8:24	
9	Sat	9:35	8.3	9:43	9.8	3:23	0.8	3:23	1.3	5:08	8:23	
10	Sun	10:21	8.6	10:27	10.1	4:09	0.4	4:09	1.0	5:09	8:23	
11	Mon	11:06	8.9	11:12	10.5	4:52	0.0	4:55	0.7	5:10	8:22	
12	Tue	11:51	9.2	11:57	10.8	5:36	-0.4	5:40	0.4	5:11	8:22	
13	Wed			12:35	9.6	6:19	-0.8	6:27	0.1	5:12	8:21	
14	Thu	12:42	11.0	1:20	9.9	7:04	-1.0	7:16	-0.1	5:13	8:20	
15	Fri	1:29	11.0	2:06	10.2	7:49	-1.1	8:06	-0.3	5:13	8:20	
16	Sat	2:19	10.9	2:55	10.3	8:37	-1.1	8:59	-0.3	5:14	8:19	
17	Sun	3:11	10.6	3:47	10.4	9:27	-0.9	9:55	-0.2	5:15	8:18	
18	Mon	4:08	10.2	4:43	10.5	10:21	-0.6	10:56	-0.1	5:16	8:18	
19	Tue	5:09	9.8	5:41	10.4	11:17	-0.3	11:58	0.0	5:17	8:17	
20	Wed	6:12	9.4	6:41	10.4			12:16	0.1	5:18	8:16	
21	Thu	7:18	9.2	7:44	10.4	1:04	0.0	1:19	0.4	5:19	8:15	
22	Fri	8:25	9.1	8:45	10.5	2:11	-0.1	2:22	0.5	5:20	8:14	
23	Sat	9:26	9.1	9:42	10.5	3:14	-0.2	3:23	0.5	5:21	8:13	
24	Sun	10:22	9.2	10:35	10.6	4:10	-0.4	4:17	0.4	5:22	8:12	
25	Mon	11:13	9.3	11:24	10.6	5:01	-0.5	5:08	0.4	5:23	8:11	
26	Tue			12:01	9.4	5:48	-0.5	5:55	0.4	5:24	8:10	
27	Wed	12:10	10.5	12:45	9.4	6:32	-0.4	6:40	0.5	5:25	8:09	
28	Thu	12:53	10.3	1:26	9.4	7:12	-0.3	7:22	0.6	5:26	8:08	
29	Fri	1:34	10.0	2:05	9.4	7:51	-0.1	8:03	0.7	5:27	8:07	
30	Sat	2:14	9.7	2:44	9.3	8:28	0.2	8:45	0.9	5:28	8:06	
31	Sun	2:55	9.3	3:24	9.2	9:06	0.5	9:28	1.1	5:29	8:05	