

































Portland, ME - Aug 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	3:39	8.9	4:06	9.1	9:46	0.8	10:14	1.2	5:30	8:03	
2	Tue	4:25	8.6	4:50	9.0	10:29	1.1	11:03	1.4	5:31	8:02	
3	Wed	5:14	8.3	5:37	8.9	11:14	1.4	11:54	1.5	5:32	8:01	
4	Thu	6:06	8.0	6:27	9.0			12:03	1.5	5:34	8:00	
5	Fri	7:02	7.9	7:20	9.1	12:48	1.4	12:56	1.6	5:35	7:58	
6	Sat	8:00	8.0	8:14	9.4	1:46	1.2	1:51	1.5	5:36	7:57	
7	Sun	8:55	8.3	9:07	9.8	2:41	0.9	2:46	1.2	5:37	7:56	
8	Mon	9:45	8.7	9:56	10.3	3:32	0.4	3:37	0.8	5:38	7:54	
9	Tue	10:33	9.2	10:44	10.7	4:20	-0.2	4:27	0.3	5:39	7:53	
10	Wed	11:20	9.7	11:33	11.1	5:06	-0.7	5:16	-0.2	5:40	7:51	
11	Thu			12:07	10.2	5:52	-1.1	6:06	-0.6	5:41	7:50	
12	Fri	12:22	11.3	12:54	10.6	6:39	-1.3	6:56	-0.9	5:42	7:49	
13	Sat	1:11	11.3	1:42	10.9	7:26	-1.4	7:48	-1.0	5:44	7:47	
14	Sun	2:02	11.1	2:32	11.0	8:14	-1.3	8:41	-0.9	5:45	7:46	
15	Mon	2:56	10.7	3:25	10.9	9:06	-1.0	9:38	-0.7	5:46	7:44	
16	Tue	3:53	10.3	4:22	10.7	10:00	-0.6	10:39	-0.4	5:47	7:43	
17	Wed	4:55	9.7	5:22	10.5	10:59	-0.1	11:43	-0.2	5:48	7:41	
18	Thu	6:00	9.3	6:25	10.2			12:00	0.4	5:49	7:39	
19	Fri	7:06	9.0	7:30	10.1	12:50	0.1	1:05	0.7	5:50	7:38	
20	Sat	8:13	8.9	8:33	10.1	1:58	0.1	2:12	0.8	5:51	7:36	
21	Sun	9:13	9.0	9:30	10.1	3:01	0.1	3:13	0.7	5:52	7:35	
22	Mon	10:07	9.1	10:22	10.2	3:56	0.0	4:06	0.6	5:54	7:33	
23	Tue	10:55	9.3	11:09	10.2	4:44	-0.1	4:54	0.5	5:55	7:31	
24	Wed	11:39	9.4	11:52	10.1	5:28	-0.1	5:39	0.4	5:56	7:30	
25	Thu			12:19	9.5	6:08	-0.1	6:19	0.4	5:57	7:28	
26	Fri	12:32	10.0	12:56	9.5	6:45	0.0	6:58	0.4	5:58	7:26	
27	Sat	1:10	9.8	1:32	9.5	7:19	0.2	7:35	0.5	5:59	7:25	
28	Sun	1:47	9.5	2:06	9.4	7:53	0.4	8:12	0.7	6:00	7:23	
29	Mon	2:24	9.2	2:42	9.3	8:28	0.7	8:51	0.8	6:01	7:21	
30	Tue	3:04	8.9	3:21	9.2	9:06	1.0	9:34	1.0	6:03	7:19	
31	Wed	3:47	8.5	4:03	9.0	9:47	1.2	10:20	1.2	6:04	7:18	