

































Portland, ME - Jan 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	7:27	10.4	8:06	9.4	1:04	0.0	1:52	-0.6	7:14	4:14	
2	Mon	8:26	10.8	9:05	9.6	2:05	-0.1	2:51	-1.0	7:14	4:15	
3	Tue	9:21	11.0	10:00	9.7	3:02	-0.3	3:46	-1.3	7:14	4:16	
4	Wed	10:13	11.1	10:52	9.8	3:56	-0.4	4:38	-1.4	7:14	4:17	
5	Thu	11:04	11.1	11:42	9.8	4:47	-0.4	5:27	-1.4	7:14	4:18	
6	Fri	11:52	10.9			5:37	-0.3	6:14	-1.2	7:14	4:19	
7	Sat	12:29	9.7	12:38	10.5	6:24	-0.1	6:58	-0.9	7:13	4:20	
8	Sun	1:14	9.6	1:24	10.1	7:11	0.2	7:43	-0.5	7:13	4:21	
9	Mon	2:00	9.3	2:11	9.6	7:59	0.5	8:28	0.0	7:13	4:22	
10	Tue	2:46	9.1	3:01	9.0	8:49	0.8	9:14	0.5	7:13	4:24	
11	Wed	3:35	8.9	3:52	8.5	9:41	1.1	10:02	0.9	7:12	4:25	
12	Thu	4:24	8.7	4:47	8.1	10:35	1.3	10:51	1.2	7:12	4:26	
13	Fri	5:15	8.6	5:44	7.9	11:32	1.4	11:44	1.5	7:12	4:27	
14	Sat	6:08	8.6	6:43	7.8			12:31	1.3	7:11	4:28	
15	Sun	7:02	8.8	7:39	7.9	12:39	1.5	1:28	1.1	7:11	4:29	
16	Mon	7:52	9.0	8:30	8.1	1:32	1.5	2:19	0.8	7:10	4:31	
17	Tue	8:39	9.3	9:15	8.4	2:21	1.2	3:03	0.4	7:09	4:32	
18	Wed	9:22	9.7	9:58	8.7	3:05	0.9	3:44	0.0	7:09	4:33	
19	Thu	10:03	10.1	10:39	9.0	3:47	0.6	4:24	-0.4	7:08	4:34	
20	Fri	10:44	10.4	11:19	9.3	4:28	0.3	5:04	-0.8	7:07	4:36	
21	Sat	11:25	10.6	11:59	9.6	5:11	-0.1	5:44	-1.0	7:07	4:37	
22	Sun			12:08	10.7	5:54	-0.3	6:26	-1.2	7:06	4:38	
23	Mon	12:41	9.9	12:52	10.7	6:40	-0.5	7:09	-1.2	7:05	4:40	
24	Tue	1:24	10.0	1:40	10.4	7:28	-0.5	7:56	-1.0	7:04	4:41	
25	Wed	2:12	10.1	2:32	10.1	8:21	-0.5	8:46	-0.8	7:03	4:42	
26	Thu	3:05	10.1	3:30	9.7	9:18	-0.3	9:41	-0.4	7:03	4:44	
27	Fri	4:02	10.0	4:33	9.2	10:19	-0.2	10:39	0.0	7:02	4:45	
28	Sat	5:03	10.0	5:40	8.9	11:24	-0.1	11:42	0.3	7:01	4:46	
29	Sun	6:07	10.0	6:50	8.8			12:34	-0.1	7:00	4:48	
30	Mon	7:13	10.1	7:57	8.9	12:50	0.4	1:42	-0.3	6:59	4:49	
31	Tue	8:15	10.3	8:56	9.2	1:55	0.3	2:42	-0.6	6:58	4:50	