

































## Portland, ME - Mar 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	2:13	9.0	2:43	8.2	8:30	0.7	8:39	1.3	6:17	5:29	
2	Mon	2:53	8.8	3:30	7.7	9:15	1.0	9:23	1.7	6:15	5:30	
3	Tue	3:39	8.5	4:23	7.4	10:06	1.3	10:12	2.1	6:13	5:31	
4	Wed	4:31	8.3	5:22	7.1	11:02	1.5	11:08	2.2	6:12	5:33	
5	Thu	5:30	8.3	6:26	7.1			12:05	1.5	6:10	5:34	
6	Fri	6:33	8.4	7:27	7.4	12:09	2.2	1:09	1.3	6:08	5:35	
7	Sat	7:33	8.8	8:20	7.8	1:12	1.9	2:05	0.9	6:06	5:37	
8	Sun	9:26	9.3	10:06	8.4	3:08	1.4	3:52	0.3	7:05	6:38	
9	Mon	10:15	9.9	10:49	9.1	3:58	0.8	4:35	-0.3	7:03	6:39	
10	Tue	11:00	10.3	11:30	9.8	4:45	0.1	5:17	-0.7	7:01	6:40	
11	Wed	11:46	10.7			5:31	-0.6	5:59	-1.1	6:59	6:42	
12	Thu	12:12	10.4	12:32	10.8	6:18	-1.1	6:41	-1.2	6:58	6:43	
13	Fri	12:54	10.8	1:19	10.7	7:05	-1.4	7:25	-1.1	6:56	6:44	
14	Sat	1:38	11.0	2:07	10.4	7:54	-1.5	8:11	-0.8	6:54	6:45	
15	Sun	2:24	11.0	2:59	9.9	8:45	-1.3	9:00	-0.3	6:52	6:46	
16	Mon	3:15	10.7	3:57	9.3	9:41	-0.9	9:55	0.3	6:50	6:48	
17	Tue	4:12	10.2	5:01	8.7	10:42	-0.4	10:56	0.9	6:49	6:49	
18	Wed	5:17	9.8	6:11	8.3	11:50	0.1			6:47	6:50	
19	Thu	6:27	9.4	7:24	8.1	12:04	1.3	1:03	0.4	6:45	6:51	
20	Fri	7:41	9.3	8:34	8.3	1:18	1.4	2:16	0.4	6:43	6:53	
21	Sat	8:50	9.4	9:33	8.6	2:31	1.3	3:18	0.3	6:41	6:54	
22	Sun	9:48	9.5	10:23	9.0	3:33	0.9	4:11	0.1	6:40	6:55	
23	Mon	10:38	9.7	11:07	9.3	4:25	0.6	4:56	0.0	6:38	6:56	
24	Tue	11:23	9.7	11:46	9.5	5:11	0.3	5:35	0.0	6:36	6:57	
25	Wed			12:04	9.6	5:53	0.1	6:11	0.1	6:34	6:59	
26	Thu	12:22	9.6	12:42	9.4	6:31	0.0	6:45	0.3	6:32	7:00	
27	Fri	12:55	9.7	1:19	9.2	7:07	0.0	7:16	0.6	6:31	7:01	
28	Sat	1:27	9.6	1:55	8.9	7:42	0.1	7:49	0.9	6:29	7:02	
29	Sun	1:59	9.4	2:31	8.5	8:18	0.3	8:23	1.2	6:27	7:03	
30	Mon	2:33	9.2	3:11	8.2	8:56	0.6	9:02	1.6	6:25	7:05	
31	Tue	3:12	9.0	3:55	7.8	9:38	0.9	9:45	1.9	6:23	7:06	