US HARBORS www.USHarbors.com

Portland, ME - Jan 2045

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	8:24	10.4	9:12	8.9	2:06	0.7	3:00	-0.6	7:14	4:15	
2	Mon	9:24	10.9	10:06	9.2	3:06	0.3	3:54	-1.1	7:14	4:16	
3	Tue	10:18	11.3	11:00	9.6	4:00	-0.1	4:48	-1.5	7:14	4:17	
4	Wed	11:12	11.5	11:54	9.9	4:54	-0.4	5:36	-1.7	7:14	4:18	
5	Thu			12:06	11.5	5:48	-0.6	6:30	-1.8	7:14	4:19	
6	Fri	12:48	10.1	1:00	11.3	6:42	-0.6	7:24	-1.5	7:14	4:20	
7	Sat	1:36	10.1	1:54	10.8	7:36	-0.5	8:12	-1.2	7:13	4:21	
8	Sun	2:30	10.1	2:54	10.1	8:36	-0.3	9:06	-0.6	7:13	4:22	
9	Mon	3:30	9.9	3:54	9.4	9:36	0.0	10:00	0.0	7:13	4:23	
10	Tue	4:24	9.7	4:54	8.8	10:42	0.3	11:00	0.6	7:13	4:24	
11	Wed	5:24	9.5	6:00	8.3	11:48	0.4			7:12	4:25	
12	Thu	6:24	9.4	7:06	8.1	12:00	1.1	12:54	0.5	7:12	4:26	
13	Fri	7:18	9.3	8:06	8.0	1:00	1.4	1:54	0.5	7:11	4:27	
14	Sat	8:18	9.3	9:00	8.1	2:00	1.4	2:48	0.4	7:11	4:29	
15	Sun	9:06	9.4	9:48	8.2	2:48	1.4	3:36	0.2	7:10	4:30	
16	Mon	9:48	9.5	10:30	8.3	3:36	1.3	4:18	0.1	7:10	4:31	
17	Tue	10:30	9.6	11:06	8.4	4:18	1.2	5:00	0.1	7:09	4:32	
18	Wed	11:06	9.6	11:42	8.5	4:54	1.1	5:30	0.0	7:09	4:33	
19	Thu	11:42	9.6			5:30	1.0	6:06	0.0	7:08	4:35	
20	Fri	12:18	8.6	12:18	9.5	6:06	0.9	6:36	0.1	7:07	4:36	
21	Sat	12:48	8.7	12:54	9.4	6:42	0.9	7:06	0.2	7:06	4:37	
22	Sun	1:24	8.7	1:30	9.1	7:18	0.9	7:42	0.3	7:06	4:39	
23	Mon	1:54	8.8	2:06	8.8	8:00	0.9	8:18	0.5	7:05	4:40	
24	Tue	2:36	8.9	2:54	8.5	8:42	0.9	9:00	0.7	7:04	4:41	
25	Wed	3:18	9.0	3:42	8.2	9:30	0.9	9:48	1.0	7:03	4:43	
26	Thu	4:06	9.1	4:36	8.0	10:30	0.8	10:36	1.1	7:02	4:44	
27	Fri	4:54	9.2	5:36	7.8	11:30	0.7	11:36	1.2	7:01	4:45	
28	Sat	6:00	9.4	6:48	7.9			12:36	0.5	7:00	4:47	
29	Sun	7:06	9.8	7:54	8.2	12:42	1.1	1:42	0.0	6:59	4:48	
30	Mon	8:06	10.3	8:54	8.7	1:48	0.7	2:42	-0.6	6:58	4:49	
31	Tue	9:06	10.8	9:54	9.3	2:48	0.2	3:36	-1.1	6:57	4:51	