

































## Portland, ME - Jan 2053

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	7:14	10.3	7:53	9.3	12:53	0.1	1:40	-0.5	7:14	4:15	
2	Thu	8:13	10.8	8:53	9.7	1:53	-0.2	2:39	-1.1	7:14	4:16	
3	Fri	9:09	11.3	9:49	10.0	2:51	-0.5	3:35	-1.6	7:14	4:17	
4	Sat	10:04	11.6	10:45	10.3	3:46	-0.8	4:29	-1.9	7:14	4:18	
5	Sun	10:58	11.8	11:38	10.4	4:41	-1.0	5:22	-2.1	7:14	4:19	
6	Mon	11:52	11.7			5:35	-1.0	6:14	-2.0	7:14	4:20	
7	Tue	12:31	10.4	12:45	11.4	6:29	-0.9	7:05	-1.7	7:13	4:21	
8	Wed	1:23	10.3	1:38	10.8	7:23	-0.6	7:57	-1.2	7:13	4:22	
9	Thu	2:16	10.0	2:34	10.2	8:19	-0.2	8:51	-0.7	7:13	4:23	
10	Fri	3:11	9.8	3:32	9.5	9:18	0.2	9:45	-0.1	7:12	4:24	
11	Sat	4:07	9.5	4:32	9.0	10:19	0.5	10:41	0.5	7:12	4:25	
12	Sun	5:03	9.2	5:32	8.5	11:21	0.8	11:38	0.9	7:12	4:26	
13	Mon	6:00	9.1	6:34	8.2			12:24	0.9	7:11	4:27	
14	Tue	6:57	9.1	7:33	8.1	12:37	1.2	1:24	0.8	7:11	4:29	
15	Wed	7:50	9.1	8:26	8.2	1:33	1.3	2:18	0.6	7:10	4:30	
16	Thu	8:38	9.3	9:13	8.3	2:23	1.2	3:05	0.4	7:10	4:31	
17	Fri	9:21	9.5	9:57	8.5	3:08	1.1	3:47	0.2	7:09	4:32	
18	Sat	10:02	9.6	10:37	8.7	3:49	0.9	4:25	0.0	7:09	4:34	
19	Sun	10:40	9.8	11:14	8.8	4:26	0.8	5:01	-0.1	7:08	4:35	
20	Mon	11:17	9.9	11:49	8.9	5:03	0.7	5:35	-0.2	7:07	4:36	
21	Tue	11:52	9.9			5:39	0.5	6:08	-0.3	7:06	4:37	
22	Wed	12:23	9.0	12:27	9.9	6:15	0.4	6:43	-0.3	7:06	4:39	
23	Thu	12:57	9.1	1:04	9.8	6:54	0.4	7:19	-0.3	7:05	4:40	
24	Fri	1:34	9.2	1:44	9.6	7:35	0.3	7:59	-0.2	7:04	4:41	
25	Sat	2:14	9.3	2:29	9.4	8:21	0.3	8:44	-0.1	7:03	4:43	
26	Sun	2:59	9.5	3:21	9.1	9:12	0.3	9:33	0.1	7:02	4:44	
27	Mon	3:50	9.6	4:18	8.9	10:08	0.2	10:27	0.2	7:01	4:45	
28	Tue	4:46	9.7	5:21	8.7	11:08	0.2	11:26	0.3	7:00	4:47	
29	Wed	5:47	9.9	6:29	8.8			12:14	0.0	6:59	4:48	
30	Thu	6:53	10.1	7:37	9.0	12:30	0.3	1:21	-0.4	6:58	4:49	
31	Fri	7:57	10.5	8:39	9.4	1:35	0.1	2:24	-0.9	6:57	4:51	