

































## Portland, ME - Jan 2054

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	4:38	9.8	5:03	9.4	10:49	0.2	11:15	0.0	7:14	4:15	
2	Fri	5:39	9.7	6:09	9.0	11:56	0.3			7:14	4:15	
3	Sat	6:39	9.7	7:13	8.8	12:16	0.4	1:02	0.3	7:14	4:16	
4	Sun	7:36	9.7	8:12	8.7	1:17	0.6	2:02	0.1	7:14	4:17	
5	Mon	8:29	9.8	9:05	8.7	2:12	0.7	2:54	0.0	7:14	4:18	
6	Tue	9:16	9.9	9:52	8.8	3:02	0.7	3:41	-0.2	7:14	4:19	
7	Wed	9:59	9.9	10:35	8.8	3:46	0.7	4:24	-0.2	7:13	4:20	
8	Thu	10:39	9.9	11:15	8.8	4:27	0.7	5:03	-0.2	7:13	4:21	
9	Fri	11:17	9.9	11:52	8.8	5:05	0.7	5:39	-0.2	7:13	4:23	
10	Sat	11:54	9.8			5:41	0.8	6:13	-0.1	7:13	4:24	
11	Sun	12:28	8.8	12:29	9.7	6:17	0.8	6:47	0.0	7:12	4:25	
12	Mon	1:03	8.8	1:04	9.5	6:53	0.9	7:21	0.1	7:12	4:26	
13	Tue	1:38	8.7	1:42	9.2	7:32	1.0	7:58	0.3	7:11	4:27	
14	Wed	2:15	8.7	2:22	9.0	8:13	1.0	8:38	0.4	7:11	4:28	
15	Thu	2:55	8.7	3:07	8.7	8:59	1.1	9:21	0.6	7:10	4:30	
16	Fri	3:39	8.8	3:57	8.5	9:48	1.1	10:08	0.7	7:10	4:31	
17	Sat	4:27	8.9	4:52	8.4	10:42	1.0	10:59	0.8	7:09	4:32	
18	Sun	5:19	9.1	5:52	8.3	11:40	0.7	11:55	0.8	7:09	4:33	
19	Mon	6:16	9.5	6:55	8.5			12:42	0.3	7:08	4:35	
20	Tue	7:16	9.9	7:57	8.9	12:55	0.6	1:43	-0.2	7:07	4:36	
21	Wed	8:14	10.5	8:55	9.3	1:55	0.2	2:41	-0.8	7:07	4:37	
22	Thu	9:09	11.0	9:50	9.8	2:51	-0.3	3:36	-1.4	7:06	4:38	
23	Fri	10:04	11.5	10:44	10.2	3:46	-0.7	4:29	-1.9	7:05	4:40	
24	Sat	10:58	11.7	11:36	10.5	4:41	-1.1	5:21	-2.1	7:04	4:41	
25	Sun	11:52	11.8			5:35	-1.3	6:12	-2.1	7:03	4:42	
26	Mon	12:28	10.7	12:45	11.5	6:28	-1.3	7:03	-1.9	7:02	4:44	
27	Tue	1:20	10.6	1:39	11.0	7:23	-1.1	7:55	-1.5	7:01	4:45	
28	Wed	2:13	10.4	2:35	10.4	8:20	-0.8	8:49	-0.9	7:00	4:46	
29	Thu	3:09	10.2	3:35	9.7	9:20	-0.3	9:45	-0.3	6:59	4:48	
30	Fri	4:07	9.8	4:37	9.1	10:22	0.0	10:43	0.3	6:58	4:49	
31	Sat	5:06	9.5	5:41	8.6	11:27	0.4	11:44	0.8	6:57	4:50	