

































Portland, ME - Jan 2056

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	9:45	9.8	10:23	8.6	3:29	1.0	4:09	-0.1	7:14	4:14	
2	Sun	10:24	10.0	11:03	8.8	4:09	0.8	4:48	-0.4	7:14	4:15	
3	Mon	11:04	10.3	11:43	9.0	4:49	0.6	5:28	-0.6	7:14	4:16	
4	Tue	11:45	10.4			5:31	0.4	6:08	-0.8	7:14	4:17	
5	Wed	12:23	9.1	12:27	10.5	6:14	0.3	6:51	-0.9	7:14	4:18	
6	Thu	1:06	9.3	1:12	10.5	7:00	0.2	7:35	-0.9	7:14	4:19	
7	Fri	1:51	9.4	2:01	10.3	7:49	0.1	8:24	-0.7	7:13	4:20	
8	Sat	2:41	9.5	2:56	10.0	8:44	0.2	9:16	-0.5	7:13	4:21	
9	Sun	3:36	9.6	3:55	9.6	9:43	0.2	10:11	-0.3	7:13	4:22	
10	Mon	4:33	9.7	4:59	9.3	10:45	0.2	11:09	0.0	7:13	4:23	
11	Tue	5:32	9.9	6:06	9.1	11:51	0.1			7:12	4:24	
12	Wed	6:34	10.0	7:14	9.0	12:10	0.2	12:59	-0.2	7:12	4:25	
13	Thu	7:36	10.3	8:17	9.1	1:14	0.2	2:03	-0.5	7:12	4:27	
14	Fri	8:33	10.5	9:15	9.3	2:14	0.2	3:01	-0.8	7:11	4:28	
15	Sat	9:27	10.7	10:09	9.4	3:10	0.1	3:55	-1.1	7:11	4:29	
16	Sun	10:19	10.8	10:59	9.4	4:02	0.0	4:45	-1.1	7:10	4:30	
17	Mon	11:07	10.7	11:46	9.4	4:52	0.0	5:32	-1.1	7:10	4:31	
18	Tue	11:53	10.6			5:39	0.1	6:16	-0.9	7:09	4:33	
19	Wed	12:31	9.3	12:38	10.2	6:24	0.2	6:59	-0.6	7:08	4:34	
20	Thu	1:13	9.2	1:21	9.8	7:09	0.4	7:40	-0.2	7:08	4:35	
21	Fri	1:56	9.0	2:05	9.4	7:53	0.7	8:22	0.2	7:07	4:36	
22	Sat	2:40	8.8	2:52	8.9	8:41	1.0	9:05	0.6	7:06	4:38	
23	Sun	3:25	8.6	3:41	8.4	9:30	1.2	9:50	1.0	7:05	4:39	
24	Mon	4:12	8.5	4:34	8.0	10:23	1.4	10:37	1.3	7:05	4:40	
25	Tue	5:01	8.4	5:30	7.7	11:18	1.5	11:28	1.6	7:04	4:42	
26	Wed	5:53	8.5	6:30	7.6			12:16	1.4	7:03	4:43	
27	Thu	6:47	8.6	7:28	7.7	12:23	1.7	1:15	1.2	7:02	4:44	
28	Fri	7:40	8.9	8:20	7.9	1:18	1.6	2:08	0.8	7:01	4:46	
29	Sat	8:28	9.3	9:08	8.2	2:09	1.4	2:55	0.4	7:00	4:47	
30	Sun	9:13	9.7	9:52	8.6	2:56	1.0	3:38	-0.1	6:59	4:48	
31	Mon	9:57	10.1	10:35	9.0	3:40	0.6	4:20	-0.5	6:58	4:50	