

































## Portland, ME - Jul 2056

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	2:28	10.6	3:12	9.5	8:53	-0.6	9:07	0.7	5:03	8:26	
2	Sun	3:20	10.1	4:04	9.3	9:44	-0.2	10:02	1.0	5:04	8:26	
3	Mon	4:14	9.6	4:56	9.1	10:34	0.3	10:59	1.3	5:05	8:25	
4	Tue	5:08	9.1	5:47	9.0	11:24	0.7	11:55	1.4	5:05	8:25	
5	Wed	6:03	8.6	6:37	9.0			12:14	1.1	5:06	8:25	
6	Thu	7:00	8.3	7:28	9.0	12:52	1.5	1:05	1.4	5:07	8:24	
7	Fri	7:57	8.1	8:18	9.1	1:50	1.4	1:57	1.6	5:07	8:24	
8	Sat	8:51	8.1	9:05	9.3	2:45	1.2	2:46	1.6	5:08	8:24	
9	Sun	9:41	8.2	9:50	9.5	3:33	1.0	3:32	1.6	5:09	8:23	
10	Mon	10:27	8.3	10:32	9.7	4:18	0.7	4:15	1.5	5:10	8:23	
11	Tue	11:11	8.5	11:12	9.9	4:59	0.4	4:56	1.3	5:10	8:22	
12	Wed	11:53	8.6	11:52	10.1	5:38	0.2	5:36	1.2	5:11	8:21	
13	Thu			12:33	8.8	6:17	0.0	6:17	1.0	5:12	8:21	
14	Fri	12:32	10.2	1:12	9.0	6:56	-0.2	6:59	0.8	5:13	8:20	
15	Sat	1:12	10.3	1:51	9.2	7:35	-0.4	7:42	0.7	5:14	8:20	
16	Sun	1:55	10.4	2:33	9.4	8:17	-0.5	8:29	0.5	5:15	8:19	
17	Mon	2:40	10.3	3:18	9.6	9:01	-0.5	9:19	0.4	5:16	8:18	
18	Tue	3:30	10.1	4:08	9.8	9:49	-0.4	10:13	0.4	5:17	8:17	
19	Wed	4:24	9.9	5:00	10.0	10:39	-0.3	11:11	0.3	5:18	8:16	
20	Thu	5:23	9.6	5:55	10.2	11:33	-0.1			5:18	8:16	
21	Fri	6:25	9.3	6:53	10.3	12:12	0.2	12:30	0.2	5:19	8:15	
22	Sat	7:31	9.2	7:55	10.5	1:17	0.0	1:31	0.3	5:20	8:14	
23	Sun	8:37	9.2	8:55	10.7	2:23	-0.2	2:34	0.3	5:21	8:13	
24	Mon	9:39	9.3	9:53	10.9	3:25	-0.5	3:34	0.3	5:22	8:12	
25	Tue	10:36	9.5	10:48	11.1	4:22	-0.8	4:30	0.2	5:23	8:11	
26	Wed	11:31	9.6	11:41	11.1	5:16	-1.0	5:24	0.1	5:24	8:10	
27	Thu			12:22	9.7	6:07	-1.0	6:15	0.1	5:26	8:09	
28	Fri	12:32	11.0	1:11	9.7	6:56	-0.9	7:05	0.2	5:27	8:08	
29	Sat	1:19	10.7	1:57	9.6	7:41	-0.7	7:52	0.4	5:28	8:06	
30	Sun	2:06	10.3	2:41	9.5	8:25	-0.3	8:40	0.6	5:29	8:05	
31	Mon	2:52	9.9	3:26	9.3	9:09	0.1	9:28	0.9	5:30	8:04	