

































## Portland, ME - Jan 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	6:40	10.0	7:17	9.1	12:19	0.2	1:04	-0.2	7:14	4:15	
2	Tue	7:39	10.5	8:20	9.3	1:19	0.1	2:06	-0.7	7:14	4:16	
3	Wed	8:36	11.0	9:19	9.6	2:18	-0.1	3:04	-1.2	7:14	4:17	
4	Thu	9:31	11.3	10:15	9.8	3:14	-0.3	3:59	-1.6	7:14	4:18	
5	Fri	10:25	11.5	11:09	9.9	4:08	-0.5	4:53	-1.8	7:14	4:19	
6	Sat	11:19	11.5			5:02	-0.5	5:46	-1.7	7:14	4:20	
7	Sun	12:02	9.9	12:12	11.3	5:56	-0.4	6:37	-1.5	7:13	4:21	
8	Mon	12:53	9.8	1:03	10.8	6:48	-0.2	7:27	-1.1	7:13	4:22	
9	Tue	1:45	9.6	1:56	10.3	7:41	0.1	8:18	-0.6	7:13	4:23	
10	Wed	2:37	9.3	2:51	9.7	8:37	0.4	9:10	-0.1	7:12	4:24	
11	Thu	3:31	9.1	3:47	9.1	9:35	0.8	10:02	0.4	7:12	4:25	
12	Fri	4:24	8.9	4:45	8.5	10:34	1.0	10:55	0.9	7:12	4:26	
13	Sat	5:17	8.8	5:44	8.1	11:35	1.2	11:49	1.3	7:11	4:27	
14	Sun	6:11	8.8	6:45	7.9			12:36	1.2	7:11	4:29	
15	Mon	7:05	8.8	7:42	7.9	12:45	1.5	1:34	1.0	7:10	4:30	
16	Tue	7:56	9.0	8:34	8.0	1:39	1.5	2:25	0.8	7:10	4:31	
17	Wed	8:42	9.2	9:20	8.1	2:27	1.5	3:11	0.5	7:09	4:32	
18	Thu	9:25	9.4	10:03	8.3	3:10	1.3	3:52	0.2	7:09	4:34	
19	Fri	10:05	9.6	10:43	8.5	3:50	1.1	4:31	0.0	7:08	4:35	
20	Sat	10:44	9.8	11:21	8.6	4:29	1.0	5:07	-0.2	7:07	4:36	
21	Sun	11:21	9.9	11:57	8.8	5:06	0.8	5:42	-0.3	7:06	4:37	
22	Mon	11:58	10.0			5:44	0.6	6:18	-0.4	7:06	4:39	
23	Tue	12:32	8.9	12:36	10.1	6:23	0.5	6:55	-0.5	7:05	4:40	
24	Wed	1:09	9.1	1:16	10.0	7:05	0.3	7:35	-0.5	7:04	4:41	
25	Thu	1:49	9.3	2:00	9.8	7:50	0.3	8:18	-0.4	7:03	4:43	
26	Fri	2:33	9.4	2:50	9.5	8:40	0.2	9:05	-0.2	7:02	4:44	
27	Sat	3:21	9.5	3:45	9.2	9:34	0.2	9:57	0.0	7:01	4:45	
28	Sun	4:15	9.7	4:46	8.9	10:33	0.2	10:53	0.3	7:00	4:47	
29	Mon	5:13	9.8	5:52	8.7	11:37	0.1	11:54	0.5	6:59	4:48	
30	Tue	6:16	9.9	7:02	8.7			12:46	-0.1	6:58	4:49	
31	Wed	7:21	10.2	8:09	8.9	12:59	0.5	1:53	-0.5	6:57	4:51	