




















Portland, ME - Jul 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	11:59	8.5	11:57	9.8	5:47	0.3	5:43	1.4	5:03	8:26	
2	Mon			12:38	8.5	6:24	0.2	6:21	1.4	5:04	8:26	
3	Tue	12:35	9.8	1:15	8.6	7:00	0.2	6:58	1.4	5:05	8:25	
4	Wed	1:11	9.8	1:52	8.6	7:35	0.2	7:36	1.4	5:05	8:25	
5	Thu	1:48	9.7	2:29	8.6	8:11	0.2	8:15	1.4	5:06	8:25	
6	Fri	2:26	9.7	3:07	8.7	8:49	0.2	8:58	1.3	5:06	8:25	
7	Sat	3:07	9.6	3:48	8.9	9:29	0.2	9:44	1.2	5:07	8:24	
8	Sun	3:53	9.4	4:32	9.1	10:13	0.3	10:35	1.1	5:08	8:24	
9	Mon	4:43	9.3	5:19	9.4	10:59	0.3	11:29	0.9	5:09	8:23	
10	Tue	5:37	9.1	6:09	9.8	11:49	0.4			5:09	8:23	
11	Wed	6:36	9.0	7:04	10.1	12:26	0.6	12:43	0.4	5:10	8:22	
12	Thu	7:38	9.0	8:02	10.5	1:27	0.2	1:41	0.4	5:11	8:22	
13	Fri	8:42	9.2	9:00	10.9	2:30	-0.2	2:41	0.2	5:12	8:21	
14	Sat	9:43	9.4	9:57	11.3	3:30	-0.7	3:39	0.0	5:13	8:20	
15	Sun	10:42	9.7	10:54	11.6	4:28	-1.1	4:36	-0.2	5:14	8:20	
16	Mon	11:39	9.9	11:50	11.7	5:24	-1.4	5:32	-0.3	5:15	8:19	
17	Tue			12:35	10.0	6:19	-1.6	6:28	-0.3	5:15	8:18	
18	Wed	12:46	11.6	1:29	10.1	7:12	-1.5	7:23	-0.3	5:16	8:17	
19	Thu	1:40	11.4	2:21	10.1	8:04	-1.3	8:18	-0.1	5:17	8:17	
20	Fri	2:34	10.9	3:14	9.9	8:55	-0.9	9:14	0.2	5:18	8:16	
21	Sat	3:29	10.3	4:08	9.8	9:48	-0.4	10:13	0.5	5:19	8:15	
22	Sun	4:25	9.7	5:02	9.6	10:40	0.1	11:12	0.8	5:20	8:14	
23	Mon	5:23	9.1	5:55	9.4	11:32	0.6			5:21	8:13	
24	Tue	6:21	8.6	6:48	9.3	12:11	1.0	12:25	1.1	5:22	8:12	
25	Wed	7:20	8.3	7:42	9.2	1:11	1.1	1:20	1.5	5:23	8:11	
26	Thu	8:19	8.1	8:35	9.2	2:11	1.1	2:16	1.7	5:24	8:10	
27	Fri	9:14	8.1	9:24	9.3	3:06	1.0	3:08	1.7	5:25	8:09	
28	Sat	10:03	8.2	10:09	9.5	3:55	0.8	3:54	1.6	5:26	8:08	
29	Sun	10:48	8.3	10:52	9.6	4:39	0.6	4:37	1.5	5:27	8:07	
30	Mon	11:31	8.5	11:32	9.8	5:20	0.4	5:17	1.4	5:28	8:06	
31	Tue			12:10	8.6	5:57	0.3	5:55	1.2	5:29	8:04	