

































Fore River, Portland, ME - Jan 2000

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	7:13	9.2	7:45	8.4	12:53	0.9	1:37	0.7	7:14	4:14	
2	Sun	8:04	9.4	8:38	8.4	1:47	1.1	2:30	0.5	7:14	4:15	
3	Mon	8:49	9.5	9:25	8.5	2:36	1.1	3:16	0.3	7:14	4:16	
4	Tue	9:32	9.6	10:08	8.5	3:19	1.1	3:58	0.1	7:14	4:17	
5	Wed	10:11	9.7	10:48	8.6	3:59	1.1	4:37	0.0	7:14	4:18	
6	Thu	10:49	9.8	11:26	8.6	4:36	1.0	5:13	-0.1	7:14	4:19	
7	Fri	11:26	9.8			5:12	1.0	5:48	-0.1	7:14	4:20	
8	Sat	12:02	8.7	12:01	9.8	5:48	0.9	6:22	-0.1	7:14	4:21	
9	Sun	12:37	8.7	12:36	9.7	6:24	0.9	6:56	-0.1	7:13	4:22	
10	Mon	1:12	8.7	1:13	9.6	7:02	0.9	7:33	0.0	7:13	4:23	
11	Tue	1:49	8.7	1:53	9.5	7:43	0.9	8:13	0.0	7:13	4:24	
12	Wed	2:29	8.8	2:37	9.3	8:29	0.9	8:56	0.1	7:12	4:25	
13	Thu	3:13	8.9	3:28	9.1	9:19	0.8	9:44	0.2	7:12	4:26	
14	Fri	4:02	9.1	4:23	8.9	10:13	0.7	10:35	0.3	7:12	4:28	
15	Sat	4:55	9.4	5:23	8.8	11:12	0.5	11:31	0.4	7:11	4:29	
16	Sun	5:52	9.7	6:29	8.8			12:16	0.2	7:11	4:30	
17	Mon	6:53	10.1	7:35	9.0	12:32	0.3	1:21	-0.3	7:10	4:31	
18	Tue	7:54	10.5	8:37	9.3	1:34	0.1	2:23	-0.9	7:10	4:32	
19	Wed	8:52	11.0	9:35	9.6	2:34	-0.2	3:20	-1.4	7:09	4:34	
20	Thu	9:49	11.4	10:31	9.9	3:31	-0.5	4:16	-1.8	7:08	4:35	
21	Fri	10:44	11.6	11:25	10.1	4:26	-0.8	5:09	-2.0	7:08	4:36	
22	Sat	11:37	11.5			5:20	-0.9	6:01	-1.9	7:07	4:38	
23	Sun	12:17	10.2	12:30	11.3	6:13	-0.8	6:51	-1.7	7:06	4:39	
24	Mon	1:07	10.1	1:22	10.9	7:06	-0.6	7:41	-1.3	7:05	4:40	
25	Tue	1:58	9.9	2:15	10.2	8:00	-0.3	8:32	-0.7	7:04	4:41	
26	Wed	2:50	9.7	3:10	9.6	8:56	0.1	9:24	-0.1	7:04	4:43	
27	Thu	3:44	9.4	4:08	8.9	9:54	0.5	10:17	0.5	7:03	4:44	
28	Fri	4:38	9.1	5:07	8.4	10:54	0.8	11:12	1.0	7:02	4:45	
29	Sat	5:33	8.9	6:08	8.0	11:56	1.0			7:01	4:47	
30	Sun	6:30	8.8	7:09	7.9	12:09	1.4	12:59	1.0	7:00	4:48	
31	Mon	7:25	8.9	8:06	7.9	1:08	1.6	1:56	0.9	6:59	4:50	