
































Fore River, Portland, ME - Jul 2000

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	11:15	9.9	11:27	11.8	5:01	-1.4	5:10	-0.4	5:03	8:26	
2	Sun			12:11	10.1	5:55	-1.7	6:05	-0.5	5:04	8:26	
3	Mon	12:22	11.9	1:07	10.3	6:50	-1.8	7:01	-0.5	5:04	8:26	
4	Tue	1:17	11.8	2:01	10.3	7:43	-1.8	7:57	-0.4	5:05	8:25	
5	Wed	2:13	11.5	2:57	10.2	8:38	-1.5	8:55	-0.2	5:06	8:25	
6	Thu	3:11	11.0	3:55	10.1	9:33	-1.1	9:55	0.1	5:06	8:25	
7	Fri	4:10	10.4	4:53	10.0	10:30	-0.6	10:58	0.4	5:07	8:24	
8	Sat	5:12	9.8	5:50	9.9	11:27	-0.1			5:08	8:24	
9	Sun	6:13	9.3	6:47	9.7	12:01	0.6	12:23	0.4	5:09	8:23	
10	Mon	7:15	8.9	7:43	9.7	1:05	0.7	1:21	0.8	5:09	8:23	
11	Tue	8:17	8.6	8:37	9.7	2:07	0.7	2:18	1.1	5:10	8:22	
12	Wed	9:13	8.5	9:27	9.7	3:05	0.6	3:11	1.3	5:11	8:22	
13	Thu	10:05	8.5	10:13	9.7	3:56	0.5	3:59	1.3	5:12	8:21	
14	Fri	10:51	8.5	10:56	9.8	4:42	0.4	4:42	1.4	5:13	8:21	
15	Sat	11:35	8.6	11:37	9.8	5:24	0.3	5:23	1.3	5:13	8:20	
16	Sun			12:15	8.6	6:03	0.2	6:02	1.3	5:14	8:19	
17	Mon	12:15	9.9	12:54	8.7	6:40	0.2	6:39	1.3	5:15	8:18	
18	Tue	12:52	9.8	1:30	8.7	7:14	0.2	7:16	1.3	5:16	8:18	
19	Wed	1:28	9.8	2:05	8.8	7:48	0.2	7:53	1.3	5:17	8:17	
20	Thu	2:04	9.7	2:41	8.8	8:23	0.2	8:32	1.2	5:18	8:16	
21	Fri	2:42	9.5	3:18	8.9	9:00	0.3	9:15	1.2	5:19	8:15	
22	Sat	3:23	9.4	3:58	9.1	9:40	0.4	10:01	1.1	5:20	8:14	
23	Sun	4:09	9.2	4:42	9.3	10:23	0.4	10:51	1.0	5:21	8:13	
24	Mon	4:59	9.0	5:29	9.5	11:10	0.5	11:45	0.8	5:22	8:12	
25	Tue	5:54	8.9	6:21	9.8			12:01	0.6	5:23	8:11	
26	Wed	6:53	8.8	7:18	10.1	12:43	0.5	12:57	0.6	5:24	8:10	
27	Thu	7:57	8.9	8:18	10.5	1:45	0.2	1:57	0.5	5:25	8:09	
28	Fri	9:01	9.2	9:18	11.0	2:48	-0.3	2:58	0.2	5:26	8:08	
29	Sat	10:01	9.5	10:15	11.4	3:47	-0.8	3:57	-0.1	5:27	8:07	
30	Sun	10:58	9.8	11:12	11.6	4:44	-1.3	4:54	-0.4	5:28	8:06	
31	Mon	11:55	10.1			5:39	-1.6	5:50	-0.6	5:29	8:05	