US HARBORS www.USHarbors.com

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	