

































## Fore River, Portland, ME - Jan 2001

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	3:16	8.3	3:22	8.6	9:12	1.6	9:39	0.8	7:14	4:15	
2	Tue	4:01	8.4	4:12	8.4	10:03	1.5	10:26	1.0	7:14	4:16	
3	Wed	4:48	8.6	5:07	8.3	10:56	1.4	11:15	1.0	7:14	4:17	
4	Thu	5:37	8.8	6:05	8.2	11:53	1.1			7:14	4:17	
5	Fri	6:30	9.2	7:05	8.4	12:08	1.0	12:53	0.6	7:14	4:18	
6	Sat	7:24	9.7	8:04	8.7	1:04	0.8	1:51	0.1	7:14	4:19	
7	Sun	8:18	10.3	8:59	9.1	2:00	0.5	2:46	-0.6	7:14	4:21	
8	Mon	9:10	10.8	9:53	9.4	2:53	0.1	3:39	-1.2	7:13	4:22	
9	Tue	10:03	11.3	10:46	9.8	3:46	-0.3	4:31	-1.7	7:13	4:23	
10	Wed	10:56	11.6	11:39	10.0	4:40	-0.6	5:23	-1.9	7:13	4:24	
11	Thu	11:50	11.7			5:33	-0.8	6:15	-2.0	7:13	4:25	
12	Fri	12:32	10.2	12:44	11.5	6:27	-0.8	7:07	-1.9	7:12	4:26	
13	Sat	1:25	10.2	1:39	11.1	7:23	-0.7	8:01	-1.5	7:12	4:27	
14	Sun	2:20	10.1	2:37	10.5	8:21	-0.4	8:56	-1.0	7:11	4:28	
15	Mon	3:17	9.9	3:38	9.9	9:23	-0.1	9:53	-0.5	7:11	4:30	
16	Tue	4:16	9.8	4:42	9.3	10:27	0.2	10:52	0.1	7:10	4:31	
17	Wed	5:15	9.6	5:46	8.8	11:32	0.4	11:52	0.6	7:10	4:32	
18	Thu	6:14	9.5	6:52	8.5			12:39	0.4	7:09	4:33	
19	Fri	7:13	9.4	7:53	8.4	12:53	0.9	1:42	0.3	7:08	4:35	
20	Sat	8:08	9.5	8:48	8.4	1:52	1.1	2:38	0.2	7:08	4:36	
21	Sun	8:58	9.6	9:37	8.5	2:44	1.1	3:26	0.0	7:07	4:37	
22	Mon	9:43	9.6	10:21	8.5	3:30	1.0	4:10	-0.1	7:06	4:38	
23	Tue	10:25	9.7	11:01	8.6	4:12	1.0	4:50	-0.1	7:05	4:40	
24	Wed	11:03	9.7	11:39	8.7	4:51	0.9	5:27	-0.1	7:05	4:41	
25	Thu	11:40	9.7			5:27	0.9	6:01	-0.1	7:04	4:42	
26	Fri	12:14	8.7	12:15	9.7	6:03	0.8	6:34	0.0	7:03	4:44	
27	Sat	12:48	8.7	12:50	9.5	6:38	0.9	7:07	0.1	7:02	4:45	
28	Sun	1:21	8.7	1:25	9.3	7:15	0.9	7:41	0.2	7:01	4:46	
29	Mon	1:56	8.7	2:04	9.1	7:54	0.9	8:18	0.4	7:00	4:48	
30	Tue	2:33	8.8	2:46	8.8	8:37	0.9	8:58	0.6	6:59	4:49	
31	Wed	3:14	8.8	3:34	8.5	9:25	0.9	9:43	0.8	6:58	4:51	