

































Fore River, Portland, ME - Jan 2004

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	6:24	8.9	6:56	8.0	12:02	1.2	12:48	1.1	7:14	4:14	
2	Fri	7:16	9.0	7:53	8.0	12:57	1.5	1:45	0.9	7:14	4:15	
3	Sat	8:05	9.1	8:43	8.0	1:49	1.6	2:35	0.7	7:14	4:16	
4	Sun	8:50	9.3	9:29	8.1	2:36	1.6	3:20	0.5	7:14	4:17	
5	Mon	9:32	9.4	10:12	8.2	3:19	1.5	4:01	0.3	7:14	4:18	
6	Tue	10:12	9.5	10:52	8.3	3:58	1.4	4:40	0.1	7:14	4:19	
7	Wed	10:50	9.7	11:30	8.4	4:36	1.3	5:17	0.0	7:14	4:20	
8	Thu	11:27	9.8			5:13	1.2	5:52	-0.1	7:14	4:21	
9	Fri	12:06	8.4	12:04	9.8	5:50	1.1	6:27	-0.1	7:13	4:22	
10	Sat	12:42	8.5	12:40	9.8	6:28	1.0	7:03	-0.2	7:13	4:23	
11	Sun	1:18	8.6	1:19	9.7	7:08	0.9	7:41	-0.1	7:13	4:24	
12	Mon	1:56	8.8	2:02	9.6	7:52	0.8	8:22	-0.1	7:12	4:25	
13	Tue	2:38	9.0	2:49	9.3	8:40	0.7	9:07	0.1	7:12	4:26	
14	Wed	3:24	9.2	3:43	9.0	9:33	0.6	9:56	0.2	7:12	4:28	
15	Thu	4:15	9.4	4:41	8.8	10:31	0.5	10:49	0.4	7:11	4:29	
16	Fri	5:09	9.6	5:45	8.6	11:33	0.3	11:48	0.6	7:11	4:30	
17	Sat	6:09	9.9	6:53	8.5			12:39	0.0	7:10	4:31	
18	Sun	7:12	10.2	8:00	8.7	12:51	0.6	1:45	-0.4	7:10	4:32	
19	Mon	8:14	10.5	9:02	9.0	1:54	0.5	2:47	-0.8	7:09	4:34	
20	Tue	9:13	10.8	9:59	9.2	2:54	0.2	3:44	-1.2	7:08	4:35	
21	Wed	10:09	11.1	10:54	9.5	3:51	-0.1	4:39	-1.4	7:08	4:36	
22	Thu	11:04	11.2	11:46	9.6	4:46	-0.3	5:31	-1.5	7:07	4:38	
23	Fri	11:56	11.1			5:39	-0.3	6:20	-1.4	7:06	4:39	
24	Sat	12:35	9.7	12:46	10.8	6:31	-0.3	7:08	-1.1	7:05	4:40	
25	Sun	1:23	9.6	1:36	10.2	7:21	-0.1	7:54	-0.6	7:04	4:41	
26	Mon	2:11	9.4	2:26	9.6	8:13	0.2	8:41	-0.1	7:03	4:43	
27	Tue	3:00	9.2	3:19	9.0	9:07	0.6	9:29	0.5	7:03	4:44	
28	Wed	3:49	9.0	4:14	8.4	10:03	0.9	10:18	1.1	7:02	4:45	
29	Thu	4:40	8.8	5:11	7.9	11:00	1.1	11:10	1.6	7:01	4:47	
30	Fri	5:32	8.6	6:12	7.6			12:00	1.3	7:00	4:48	
31	Sat	6:28	8.5	7:13	7.5	12:06	1.9	1:02	1.3	6:59	4:50	