

































Fore River, Portland, ME - Mar 2004

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	6:38	8.3	7:30	7.3	12:16	2.3	1:15	1.4	6:16	5:30	
2	Tue	7:37	8.5	8:23	7.6	1:18	2.2	2:11	1.1	6:14	5:31	
3	Wed	8:29	8.9	9:09	8.0	2:13	1.8	2:58	0.7	6:13	5:32	
4	Thu	9:15	9.3	9:50	8.5	2:59	1.4	3:38	0.3	6:11	5:34	
5	Fri	9:57	9.7	10:28	8.9	3:41	0.9	4:15	-0.1	6:09	5:35	
6	Sat	10:37	10.0	11:05	9.4	4:22	0.4	4:52	-0.4	6:08	5:36	
7	Sun	11:16	10.2	11:41	9.8	5:02	-0.1	5:28	-0.7	6:06	5:37	
8	Mon	11:57	10.3			5:43	-0.5	6:06	-0.8	6:04	5:39	
9	Tue	12:18	10.2	12:38	10.2	6:26	-0.8	6:45	-0.7	6:02	5:40	
10	Wed	12:57	10.4	1:23	9.9	7:11	-0.9	7:28	-0.4	6:01	5:41	
11	Thu	1:40	10.5	2:12	9.5	7:59	-0.8	8:15	-0.1	5:59	5:42	
12	Fri	2:28	10.3	3:08	9.0	8:53	-0.5	9:08	0.4	5:57	5:44	
13	Sat	3:24	10.0	4:11	8.6	9:53	-0.2	10:07	0.9	5:55	5:45	
14	Sun	4:26	9.7	5:20	8.3	10:59	0.1	11:14	1.2	5:53	5:46	
15	Mon	5:36	9.5	6:34	8.2			12:12	0.3	5:52	5:47	
16	Tue	6:50	9.5	7:44	8.4	12:27	1.3	1:25	0.2	5:50	5:48	
17	Wed	8:00	9.7	8:45	8.9	1:40	1.0	2:29	-0.1	5:48	5:50	
18	Thu	9:00	10.0	9:37	9.3	2:43	0.6	3:23	-0.4	5:46	5:51	
19	Fri	9:53	10.2	10:25	9.7	3:38	0.1	4:11	-0.6	5:44	5:52	
20	Sat	10:41	10.3	11:07	9.9	4:27	-0.2	4:55	-0.6	5:43	5:53	
21	Sun	11:26	10.1	11:47	10.0	5:13	-0.4	5:35	-0.4	5:41	5:55	
22	Mon			12:08	9.9	5:55	-0.5	6:12	-0.1	5:39	5:56	
23	Tue	12:24	10.0	12:48	9.5	6:36	-0.3	6:49	0.3	5:37	5:57	
24	Wed	1:00	9.8	1:29	9.0	7:16	-0.1	7:25	0.8	5:35	5:58	
25	Thu	1:36	9.5	2:11	8.6	7:57	0.2	8:04	1.3	5:34	5:59	
26	Fri	2:16	9.2	2:56	8.1	8:40	0.6	8:47	1.7	5:32	6:01	
27	Sat	3:00	8.8	3:47	7.7	9:28	1.0	9:35	2.1	5:30	6:02	
28	Sun	3:51	8.5	4:43	7.4	10:22	1.4	10:29	2.4	5:28	6:03	
29	Mon	4:48	8.3	5:43	7.3	11:20	1.6	11:28	2.4	5:26	6:04	
30	Tue	5:49	8.3	6:44	7.4			12:22	1.6	5:25	6:05	
31	Wed	6:51	8.4	7:39	7.8	12:31	2.3	1:21	1.3	5:23	6:07	