US HARBORS www.USHarbors.com

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	