US HARBORS www.USHarbors.com

Fore River, Portland, ME - Jan 2008

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	5:25	8.8	5:56	7.9	11:47	1.3	11:56	1.6	7:14	4:14	
2	Wed	6:18	8.8	6:56	7.7			12:47	1.2	7:14	4:15	
3	Thu	7:11	8.8	7:52	7.7	12:51	1.8	1:44	1.1	7:14	4:16	
4	Fri	8:01	9.0	8:43	7.8	1:44	1.8	2:34	0.8	7:14	4:17	
5	Sat	8:47	9.2	9:29	8.0	2:32	1.7	3:19	0.6	7:14	4:18	
6	Sun	9:30	9.4	10:11	8.1	3:15	1.6	4:00	0.3	7:14	4:19	
7	Mon	10:10	9.6	10:51	8.3	3:55	1.4	4:38	0.1	7:14	4:20	
8	Tue	10:49	9.8	11:29	8.5	4:34	1.1	5:15	-0.1	7:14	4:21	
9	Wed	11:27	10.0			5:12	0.9	5:50	-0.3	7:13	4:22	
10	Thu	12:05	8.7	12:05	10.1	5:51	0.7	6:26	-0.4	7:13	4:23	
11	Fri	12:41	8.9	12:43	10.0	6:31	0.6	7:03	-0.5	7:13	4:24	
12	Sat	1:18	9.1	1:24	9.9	7:14	0.4	7:43	-0.4	7:12	4:25	
13	Sun	1:58	9.3	2:10	9.7	8:01	0.3	8:26	-0.3	7:12	4:26	
14	Mon	2:42	9.5	3:01	9.3	8:52	0.3	9:14	0.0	7:12	4:28	
15	Tue	3:31	9.6	3:57	8.9	9:48	0.2	10:05	0.3	7:11	4:29	
16	Wed	4:25	9.7	4:59	8.6	10:48	0.2	11:02	0.5	7:11	4:30	
17	Thu	5:24	9.8	6:07	8.4	11:53	0.1			7:10	4:31	
18	Fri	6:28	9.9	7:18	8.4	12:05	0.7	1:02	-0.1	7:09	4:32	
19	Sat	7:34	10.2	8:24	8.6	1:11	0.7	2:09	-0.4	7:09	4:34	
20	Sun	8:37	10.5	9:24	8.9	2:16	0.6	3:10	-0.8	7:08	4:35	
21	Mon	9:35	10.7	10:19	9.2	3:15	0.3	4:05	-1.1	7:07	4:36	
22	Tue	10:29	10.9	11:11	9.4	4:11	0.0	4:57	-1.2	7:07	4:38	
23	Wed	11:21	10.9	11:59	9.6	5:04	-0.2	5:45	-1.2	7:06	4:39	
24	Thu			12:09	10.7	5:54	-0.2	6:30	-1.0	7:05	4:40	
25	Fri	12:44	9.6	12:56	10.3	6:42	-0.1	7:13	-0.7	7:04	4:42	
26	Sat	1:28	9.5	1:42	9.8	7:29	0.1	7:55	-0.2	7:03	4:43	
27	Sun	2:11	9.4	2:29	9.1	8:18	0.4	8:38	0.4	7:03	4:44	
28	Mon	2:56	9.2	3:19	8.5	9:08	0.7	9:23	0.9	7:02	4:46	
29	Tue	3:42	8.9	4:12	8.0	10:00	1.0	10:10	1.4	7:01	4:47	
30	Wed	4:31	8.7	5:08	7.6	10:55	1.3	11:01	1.9	7:00	4:48	
31	Thu	5:24	8.5	6:09	7.3	11:55	1.5	11:57	2.1	6:59	4:50	