

































## Fore River, Portland, ME - Jul 2008

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	9:57	9.2	10:09	11.3	3:44	-0.7	3:50	0.3	5:03	8:26	
2	Wed	10:56	9.4	11:07	11.5	4:42	-1.1	4:48	0.1	5:04	8:26	
3	Thu	11:54	9.6			5:39	-1.3	5:45	0.0	5:04	8:26	
4	Fri	12:04	11.5	12:49	9.8	6:34	-1.4	6:41	-0.1	5:05	8:25	
5	Sat	12:59	11.4	1:43	9.9	7:26	-1.3	7:36	0.0	5:06	8:25	
6	Sun	1:53	11.1	2:35	9.9	8:17	-1.1	8:31	0.2	5:06	8:25	
7	Mon	2:46	10.6	3:27	9.8	9:08	-0.7	9:28	0.4	5:07	8:24	
8	Tue	3:41	10.0	4:19	9.7	9:58	-0.1	10:26	0.7	5:08	8:24	
9	Wed	4:37	9.4	5:11	9.5	10:49	0.4	11:24	0.9	5:09	8:23	
10	Thu	5:34	8.8	6:02	9.4	11:40	1.0			5:09	8:23	
11	Fri	6:32	8.3	6:54	9.2	12:23	1.1	12:32	1.5	5:10	8:22	
12	Sat	7:31	8.0	7:48	9.1	1:23	1.2	1:26	1.8	5:11	8:22	
13	Sun	8:30	7.8	8:41	9.2	2:22	1.2	2:22	2.0	5:12	8:21	
14	Mon	9:24	7.8	9:30	9.3	3:16	1.1	3:13	2.0	5:13	8:21	
15	Tue	10:13	7.9	10:16	9.4	4:05	0.9	4:00	1.9	5:14	8:20	
16	Wed	10:58	8.1	10:58	9.6	4:49	0.7	4:43	1.7	5:14	8:19	
17	Thu	11:40	8.3	11:39	9.8	5:29	0.5	5:23	1.6	5:15	8:18	
18	Fri			12:19	8.4	6:06	0.3	6:02	1.4	5:16	8:18	
19	Sat	12:17	9.9	12:56	8.6	6:42	0.2	6:40	1.2	5:17	8:17	
20	Sun	12:54	10.0	1:31	8.9	7:16	0.0	7:19	1.0	5:18	8:16	
21	Mon	1:31	10.0	2:06	9.1	7:50	0.0	7:59	0.9	5:19	8:15	
22	Tue	2:10	9.9	2:42	9.4	8:27	-0.1	8:43	0.7	5:20	8:14	
23	Wed	2:51	9.7	3:22	9.6	9:06	0.0	9:30	0.6	5:21	8:13	
24	Thu	3:38	9.5	4:06	9.8	9:49	0.1	10:21	0.5	5:22	8:12	
25	Fri	4:29	9.2	4:56	10.0	10:37	0.3	11:16	0.4	5:23	8:11	
26	Sat	5:25	8.9	5:49	10.1	11:29	0.6			5:24	8:10	
27	Sun	6:27	8.6	6:49	10.2	12:16	0.3	12:26	0.8	5:25	8:09	
28	Mon	7:34	8.5	7:53	10.4	1:21	0.2	1:30	0.9	5:26	8:08	
29	Tue	8:43	8.6	8:58	10.6	2:29	0.0	2:35	0.8	5:27	8:07	
30	Wed	9:46	8.9	10:00	10.9	3:33	-0.4	3:38	0.5	5:28	8:06	
31	Thu	10:45	9.2	10:57	11.1	4:32	-0.7	4:37	0.2	5:29	8:05	