

































Fore River, Portland, ME - Jan 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	1:50	8.6	1:50	9.2	7:44	1.1	8:08	0.3	7:14	4:15	
2	Fri	2:26	8.7	2:38	8.9	8:26	1.1	8:50	0.5	7:14	4:16	
3	Sat	3:08	8.9	3:26	8.7	9:20	1.0	9:38	0.6	7:14	4:17	
4	Sun	3:56	9.1	4:20	8.5	10:08	0.9	10:26	0.8	7:14	4:18	
5	Mon	4:44	9.3	5:20	8.3	11:08	0.7	11:20	0.9	7:14	4:19	
6	Tue	5:44	9.6	6:20	8.3			12:08	0.4	7:14	4:20	
7	Wed	6:44	9.9	7:26	8.5	12:20	0.8	1:14	0.0	7:14	4:21	
8	Thu	7:44	10.3	8:32	8.8	1:26	0.6	2:20	-0.5	7:13	4:22	
9	Fri	8:44	10.8	9:32	9.2	2:26	0.3	3:14	-1.1	7:13	4:23	
10	Sat	9:44	11.2	10:26	9.6	3:20	-0.1	4:14	-1.5	7:13	4:24	
11	Sun	10:38	11.5	11:20	9.9	4:20	-0.5	5:02	-1.8	7:13	4:25	
12	Mon	11:32	11.5			5:14	-0.7	5:56	-1.9	7:12	4:26	
13	Tue	12:14	10.1	12:26	11.4	6:08	-0.8	6:44	-1.7	7:12	4:27	
14	Wed	1:02	10.2	1:20	10.9	7:02	-0.7	7:38	-1.3	7:11	4:28	
15	Thu	1:56	10.1	2:14	10.3	7:56	-0.4	8:26	-0.8	7:11	4:30	
16	Fri	2:44	9.9	3:08	9.6	8:56	-0.1	9:20	-0.1	7:10	4:31	
17	Sat	3:38	9.7	4:08	8.9	9:56	0.3	10:14	0.6	7:10	4:32	
18	Sun	4:32	9.4	5:08	8.3	10:56	0.6	11:08	1.1	7:09	4:33	
19	Mon	5:26	9.1	6:08	7.9	11:56	0.8			7:08	4:35	
20	Tue	6:26	8.9	7:14	7.7	12:08	1.6	1:02	0.9	7:08	4:36	
21	Wed	7:26	8.9	8:08	7.7	1:08	1.7	2:02	0.8	7:07	4:37	
22	Thu	8:20	9.0	9:02	7.9	2:02	1.7	2:50	0.7	7:06	4:39	
23	Fri	9:08	9.2	9:44	8.1	2:50	1.6	3:38	0.4	7:05	4:40	
24	Sat	9:50	9.4	10:26	8.3	3:38	1.3	4:14	0.2	7:05	4:41	
25	Sun	10:26	9.6	11:02	8.5	4:14	1.1	4:50	0.1	7:04	4:43	
26	Mon	11:08	9.7	11:38	8.7	4:50	0.9	5:26	-0.1	7:03	4:44	
27	Tue	11:38	9.7			5:26	0.8	5:56	-0.1	7:02	4:45	
28	Wed	12:14	8.9	12:14	9.7	6:02	0.6	6:32	-0.2	7:01	4:47	
29	Thu	12:44	9.0	12:50	9.6	6:38	0.5	7:02	-0.1	7:00	4:48	
30	Fri	1:14	9.2	1:26	9.4	7:20	0.4	7:38	0.0	6:59	4:49	
31	Sat	1:50	9.3	2:08	9.1	8:02	0.3	8:20	0.2	6:58	4:51	