

































Fore River, Portland, ME - Mar 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	1:21	10.0	1:48	9.2	7:38	-0.3	7:51	0.2	6:16	5:29	
2	Mon	2:03	10.0	2:37	8.8	8:26	-0.2	8:39	0.5	6:15	5:31	
3	Tue	2:53	9.9	3:33	8.5	9:20	0.0	9:33	0.8	6:13	5:32	
4	Wed	3:50	9.7	4:37	8.2	10:21	0.2	10:34	1.0	6:11	5:33	
5	Thu	4:55	9.6	5:47	8.1	11:29	0.3	11:42	1.1	6:10	5:35	
6	Fri	6:06	9.6	7:01	8.3			12:41	0.2	6:08	5:36	
7	Sat	7:19	9.8	8:07	8.8	12:55	0.9	1:50	-0.1	6:06	5:37	
8	Sun	9:24	10.2	10:04	9.4	3:04	0.4	3:49	-0.6	7:04	6:38	
9	Mon	10:22	10.5	10:56	9.9	4:04	-0.1	4:42	-0.9	7:03	6:40	
10	Tue	11:15	10.7	11:44	10.4	4:59	-0.7	5:30	-1.1	7:01	6:41	
11	Wed			12:05	10.7	5:50	-1.0	6:15	-1.1	6:59	6:42	
12	Thu	12:28	10.6	12:52	10.5	6:38	-1.1	6:58	-0.8	6:57	6:43	
13	Fri	1:11	10.6	1:38	10.1	7:24	-1.1	7:40	-0.4	6:56	6:45	
14	Sat	1:52	10.4	2:23	9.6	8:09	-0.8	8:21	0.1	6:54	6:46	
15	Sun	2:34	10.1	3:09	9.0	8:54	-0.3	9:05	0.7	6:52	6:47	
16	Mon	3:18	9.6	3:58	8.4	9:42	0.2	9:51	1.3	6:50	6:48	
17	Tue	4:06	9.1	4:51	7.9	10:34	0.8	10:42	1.8	6:48	6:49	
18	Wed	5:00	8.7	5:49	7.6	11:30	1.2	11:38	2.1	6:47	6:51	
19	Thu	5:58	8.4	6:50	7.4			12:31	1.5	6:45	6:52	
20	Fri	7:00	8.3	7:51	7.5	12:40	2.3	1:35	1.5	6:43	6:53	
21	Sat	8:02	8.4	8:46	7.8	1:44	2.2	2:33	1.3	6:41	6:54	
22	Sun	8:57	8.6	9:33	8.2	2:42	1.9	3:21	1.0	6:39	6:55	
23	Mon	9:44	8.9	10:14	8.7	3:32	1.4	4:01	0.7	6:38	6:57	
24	Tue	10:27	9.2	10:51	9.1	4:14	0.9	4:38	0.4	6:36	6:58	
25	Wed	11:07	9.5	11:26	9.6	4:54	0.4	5:13	0.2	6:34	6:59	
26	Thu	11:46	9.6			5:33	-0.1	5:48	0.0	6:32	7:00	
27	Fri	12:01	10.0	12:25	9.7	6:12	-0.5	6:24	-0.1	6:30	7:01	
28	Sat	12:37	10.3	1:05	9.7	6:52	-0.8	7:03	-0.1	6:29	7:03	
29	Sun	1:15	10.5	1:47	9.6	7:34	-0.9	7:45	0.0	6:27	7:04	
30	Mon	1:56	10.6	2:33	9.3	8:20	-0.8	8:31	0.3	6:25	7:05	
31	Tue	2:43	10.4	3:25	9.0	9:11	-0.6	9:22	0.6	6:23	7:06	