
































## Fore River, Portland, ME - Jun 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	6:30	9.5	7:07	9.8	12:16	0.7	12:43	0.2	5:02	8:15	
2	Tue	7:35	9.1	8:04	9.9	1:23	0.6	1:42	0.6	5:01	8:16	
3	Wed	8:37	8.9	8:58	10.0	2:27	0.4	2:39	0.8	5:01	8:17	
4	Thu	9:34	8.8	9:47	10.1	3:24	0.2	3:31	1.0	5:00	8:18	
5	Fri	10:26	8.8	10:33	10.1	4:15	0.0	4:18	1.1	5:00	8:18	
6	Sat	11:14	8.7	11:16	10.1	5:02	-0.1	5:03	1.2	5:00	8:19	
7	Sun	11:58	8.7	11:57	10.0	5:46	0.0	5:44	1.3	4:59	8:20	
8	Mon			12:40	8.6	6:27	0.0	6:24	1.4	4:59	8:20	
9	Tue	12:37	9.9	1:19	8.6	7:05	0.1	7:03	1.5	4:59	8:21	
10	Wed	1:15	9.8	1:58	8.5	7:42	0.3	7:42	1.6	4:59	8:22	
11	Thu	1:53	9.6	2:36	8.5	8:19	0.4	8:21	1.7	4:59	8:22	
12	Fri	2:32	9.4	3:16	8.5	8:57	0.5	9:03	1.8	4:59	8:23	
13	Sat	3:13	9.2	3:57	8.5	9:36	0.7	9:48	1.8	4:58	8:23	
14	Sun	3:57	9.0	4:39	8.6	10:16	0.8	10:36	1.7	4:58	8:24	
15	Mon	4:44	8.7	5:22	8.8	10:59	0.9	11:27	1.6	4:58	8:24	
16	Tue	5:34	8.5	6:07	9.1	11:44	1.1			4:58	8:24	
17	Wed	6:27	8.4	6:55	9.4	12:19	1.4	12:32	1.1	4:59	8:25	
18	Thu	7:24	8.4	7:46	9.8	1:15	1.0	1:24	1.1	4:59	8:25	
19	Fri	8:24	8.5	8:39	10.2	2:13	0.6	2:19	1.0	4:59	8:25	
20	Sat	9:21	8.7	9:33	10.7	3:10	0.0	3:15	0.7	4:59	8:26	
21	Sun	10:17	9.0	10:27	11.1	4:05	-0.5	4:09	0.4	4:59	8:26	
22	Mon	11:13	9.4	11:21	11.5	4:59	-1.0	5:03	0.1	4:59	8:26	
23	Tue			12:08	9.6	5:53	-1.3	5:59	-0.1	5:00	8:26	
24	Wed	12:17	11.6	1:03	9.9	6:46	-1.5	6:55	-0.2	5:00	8:26	
25	Thu	1:12	11.6	1:57	10.0	7:39	-1.5	7:51	-0.2	5:00	8:26	
26	Fri	2:08	11.4	2:51	10.1	8:32	-1.4	8:49	-0.1	5:01	8:26	
27	Sat	3:05	10.9	3:48	10.2	9:26	-1.0	9:50	0.1	5:01	8:26	
28	Sun	4:04	10.4	4:44	10.1	10:22	-0.6	10:52	0.3	5:02	8:26	
29	Mon	5:05	9.8	5:41	10.0	11:17	-0.1	11:55	0.4	5:02	8:26	
30	Tue	6:07	9.2	6:37	9.9			12:13	0.5	5:03	8:26	