US HARBORS www.USHarbors.com

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	