

































## Fore River, Portland, ME - Jul 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	7:10	8.7	7:34	9.8	12:59	0.6	1:11	1.0	5:03	8:26	
2	Thu	8:13	8.5	8:30	9.8	2:03	0.6	2:10	1.3	5:04	8:26	
3	Fri	9:12	8.3	9:22	9.7	3:02	0.5	3:05	1.5	5:04	8:26	
4	Sat	10:05	8.3	10:11	9.8	3:55	0.4	3:55	1.5	5:05	8:25	
5	Sun	10:53	8.3	10:55	9.8	4:43	0.4	4:41	1.5	5:06	8:25	
6	Mon	11:37	8.4	11:37	9.8	5:27	0.3	5:23	1.5	5:06	8:25	
7	Tue			12:18	8.5	6:07	0.3	6:03	1.5	5:07	8:24	
8	Wed	12:17	9.8	12:56	8.6	6:44	0.3	6:41	1.4	5:08	8:24	
9	Thu	12:54	9.8	1:32	8.6	7:18	0.3	7:18	1.4	5:08	8:23	
10	Fri	1:30	9.7	2:07	8.7	7:51	0.3	7:56	1.4	5:09	8:23	
11	Sat	2:06	9.5	2:42	8.8	8:25	0.4	8:34	1.3	5:10	8:22	
12	Sun	2:43	9.3	3:17	8.9	8:59	0.5	9:16	1.3	5:11	8:22	
13	Mon	3:23	9.1	3:55	9.1	9:37	0.6	10:01	1.2	5:12	8:21	
14	Tue	4:08	8.8	4:37	9.2	10:18	0.8	10:50	1.1	5:12	8:21	
15	Wed	4:56	8.6	5:22	9.4	11:03	0.9	11:42	1.0	5:13	8:20	
16	Thu	5:49	8.4	6:13	9.7	11:52	1.0			5:14	8:19	
17	Fri	6:48	8.3	7:09	9.9	12:39	0.8	12:47	1.1	5:15	8:19	
18	Sat	7:52	8.4	8:09	10.3	1:41	0.5	1:47	1.0	5:16	8:18	
19	Sun	8:56	8.6	9:10	10.7	2:44	0.1	2:49	0.7	5:17	8:17	
20	Mon	9:57	9.0	10:09	11.1	3:44	-0.4	3:49	0.4	5:18	8:16	
21	Tue	10:54	9.4	11:07	11.5	4:41	-0.9	4:47	0.0	5:19	8:15	
22	Wed	11:50	9.8			5:36	-1.3	5:44	-0.4	5:20	8:14	
23	Thu	12:03	11.6	12:44	10.2	6:29	-1.6	6:41	-0.6	5:21	8:13	
24	Fri	12:58	11.6	1:36	10.5	7:20	-1.6	7:36	-0.7	5:22	8:13	
25	Sat	1:52	11.3	2:28	10.5	8:10	-1.4	8:31	-0.5	5:23	8:12	
26	Sun	2:46	10.8	3:20	10.5	9:01	-0.9	9:29	-0.3	5:24	8:10	
27	Mon	3:43	10.2	4:13	10.3	9:53	-0.4	10:28	0.0	5:25	8:09	
28	Tue	4:41	9.5	5:08	10.0	10:46	0.3	11:28	0.4	5:26	8:08	
29	Wed	5:41	8.9	6:04	9.7	11:41	0.9			5:27	8:07	
30	Thu	6:42	8.4	7:01	9.5	12:30	0.7	12:39	1.4	5:28	8:06	
31	Fri	7:45	8.1	8:00	9.3	1:34	0.9	1:39	1.7	5:29	8:05	