US HARBORS www.USHarbors.com

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	