


























Fore River, Portland, ME - Aug 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	8:46	8.0	8:57	9.3	2:36	0.9	2:39	1.8	5:30	8:04	
2	Sun	9:40	8.0	9:47	9.4	3:31	0.8	3:32	1.7	5:31	8:03	
3	Mon	10:27	8.2	10:33	9.6	4:19	0.7	4:18	1.6	5:32	8:01	
4	Tue	11:11	8.4	11:14	9.7	5:02	0.5	5:00	1.4	5:33	8:00	
5	Wed	11:50	8.6	11:53	9.8	5:40	0.4	5:40	1.3	5:35	7:59	
6	Thu			12:27	8.8	6:15	0.3	6:17	1.1	5:36	7:57	
7	Fri	12:30	9.8	1:01	8.9	6:47	0.2	6:53	1.0	5:37	7:56	
8	Sat	1:05	9.7	1:33	9.1	7:18	0.3	7:29	0.9	5:38	7:55	
9	Sun	1:39	9.6	2:05	9.3	7:50	0.3	8:06	0.8	5:39	7:53	
10	Mon	2:15	9.4	2:38	9.4	8:24	0.4	8:46	0.7	5:40	7:52	
11	Tue	2:54	9.1	3:15	9.5	9:01	0.6	9:30	0.7	5:41	7:50	
12	Wed	3:37	8.9	3:58	9.6	9:43	0.7	10:19	0.7	5:42	7:49	
13	Thu	4:27	8.6	4:47	9.7	10:30	0.9	11:13	0.7	5:43	7:47	
14	Fri	5:22	8.4	5:42	9.8	11:23	1.1			5:45	7:46	
15	Sat	6:24	8.2	6:44	9.9	12:12	0.6	12:22	1.1	5:46	7:44	
16	Sun	7:31	8.3	7:50	10.2	1:18	0.5	1:27	1.0	5:47	7:43	
17	Mon	8:39	8.6	8:56	10.6	2:25	0.1	2:33	0.7	5:48	7:41	
18	Tue	9:41	9.1	9:57	11.0	3:28	-0.4	3:36	0.2	5:49	7:40	
19	Wed	10:38	9.7	10:54	11.3	4:25	-0.9	4:35	-0.3	5:50	7:38	
20	Thu	11:31	10.2	11:49	11.4	5:17	-1.2	5:31	-0.7	5:51	7:37	
21	Fri			12:23	10.6	6:08	-1.4	6:26	-0.9	5:52	7:35	
22	Sat	12:42	11.3	1:12	10.8	6:57	-1.3	7:18	-1.0	5:54	7:33	
23	Sun	1:34	11.0	1:59	10.8	7:44	-1.0	8:10	-0.8	5:55	7:32	
24	Mon	2:25	10.4	2:48	10.6	8:31	-0.5	9:03	-0.5	5:56	7:30	
25	Tue	3:18	9.8	3:38	10.2	9:20	0.1	9:58	0.0	5:57	7:28	
26	Wed	4:13	9.1	4:31	9.8	10:12	0.8	10:56	0.5	5:58	7:27	
27	Thu	5:11	8.5	5:28	9.4	11:07	1.3	11:57	0.9	5:59	7:25	
28	Fri	6:11	8.1	6:27	9.1			12:05	1.8	6:00	7:23	
29	Sat	7:13	7.9	7:28	8.9	1:00	1.2	1:07	2.0	6:01	7:22	
30	Sun	8:14	7.8	8:26	9.0	2:03	1.3	2:08	2.0	6:03	7:20	
31	Mon	9:08	8.0	9:19	9.2	3:00	1.2	3:04	1.8	6:04	7:18	