US HARBORS www.USHarbors.com

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	