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# Fore River, Portland, ME - Jan 2010

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Fri | **10:52** | 11.4 | **11:34** | 9.9 | **4:35** | -0.4 | **5:19** | -1.7 | 7:14 | 4:15 | |
| 2 | Sat | **11:45** | 11.5 | | | **5:28** | -0.6 | **6:09** | -1.8 | 7:14 | 4:15 | |
| 3 | Sun | **12:25** | 10.1 | **12:37** | 11.4 | **6:21** | -0.8 | **6:59** | -1.8 | 7:14 | 4:16 | |
| 4 | Mon | **1:16** | 10.3 | **1:31** | 11.1 | **7:16** | -0.8 | **7:51** | -1.5 | 7:14 | 4:17 | |
| 5 | Tue | **2:09** | 10.3 | **2:28** | 10.5 | **8:13** | -0.6 | **8:44** | -1.0 | 7:14 | 4:18 | |
| 6 | Wed | **3:05** | 10.2 | **3:28** | 9.9 | **9:14** | -0.3 | **9:40** | -0.5 | 7:14 | 4:19 | |
| 7 | Thu | **4:02** | 10.0 | **4:32** | 9.2 | **10:17** | 0.0 | **10:37** | 0.1 | 7:14 | 4:20 | |
| 8 | Fri | **5:01** | 9.9 | **5:37** | 8.7 | **11:22** | 0.2 | **11:38** | 0.7 | 7:13 | 4:21 | |
| 9 | Sat | **6:02** | 9.7 | **6:44** | 8.4 | | | **12:30** | 0.3 | 7:13 | 4:22 | |
| 10 | Sun | **7:03** | 9.6 | **7:47** | 8.3 | **12:41** | 1.0 | **1:35** | 0.3 | 7:13 | 4:24 | |
| 11 | Mon | **8:01** | 9.6 | **8:44** | 8.3 | **1:43** | 1.2 | **2:33** | 0.2 | 7:13 | 4:25 | |
| 12 | Tue | **8:53** | 9.7 | **9:35** | 8.4 | **2:38** | 1.2 | **3:24** | 0.0 | 7:12 | 4:26 | |
| 13 | Wed | **9:41** | 9.7 | **10:20** | 8.5 | **3:26** | 1.1 | **4:09** | -0.1 | 7:12 | 4:27 | |
| 14 | Thu | **10:24** | 9.8 | **11:01** | 8.6 | **4:10** | 1.0 | **4:50** | -0.1 | 7:11 | 4:28 | |
| 15 | Fri | **11:04** | 9.8 | **11:39** | 8.7 | **4:51** | 0.9 | **5:27** | -0.1 | 7:11 | 4:29 | |
| 16 | Sat | **11:41** | 9.7 | | | **5:28** | 0.9 | **6:01** | -0.1 | 7:10 | 4:31 | |
| 17 | Sun | **12:14** | 8.7 | **12:16** | 9.6 | **6:05** | 0.8 | **6:34** | 0.0 | 7:10 | 4:32 | |
| 18 | Mon | **12:48** | 8.8 | **12:51** | 9.4 | **6:40** | 0.9 | **7:06** | 0.2 | 7:09 | 4:33 | |
| 19 | Tue | **1:21** | 8.8 | **1:27** | 9.1 | **7:17** | 0.9 | **7:39** | 0.4 | 7:09 | 4:34 | |
| 20 | Wed | **1:55** | 8.8 | **2:05** | 8.8 | **7:56** | 1.0 | **8:15** | 0.6 | 7:08 | 4:36 | |
| 21 | Thu | **2:31** | 8.8 | **2:47** | 8.5 | **8:39** | 1.0 | **8:55** | 0.8 | 7:07 | 4:37 | |
| 22 | Fri | **3:12** | 8.8 | **3:34** | 8.2 | **9:26** | 1.1 | **9:39** | 1.1 | 7:06 | 4:38 | |
| 23 | Sat | **3:57** | 8.9 | **4:27** | 7.9 | **10:17** | 1.1 | **10:28** | 1.3 | 7:06 | 4:40 | |
| 24 | Sun | **4:48** | 9.0 | **5:26** | 7.8 | **11:14** | 1.0 | **11:23** | 1.3 | 7:05 | 4:41 | |
| 25 | Mon | **5:45** | 9.2 | **6:30** | 7.8 | | | **12:17** | 0.7 | 7:04 | 4:42 | |
| 26 | Tue | **6:47** | 9.5 | **7:36** | 8.1 | **12:24** | 1.2 | **1:21** | 0.3 | 7:03 | 4:44 | |
| 27 | Wed | **7:49** | 10.0 | **8:36** | 8.6 | **1:28** | 0.9 | **2:22** | -0.3 | 7:02 | 4:45 | |
| 28 | Thu | **8:48** | 10.6 | **9:31** | 9.2 | **2:28** | 0.3 | **3:17** | -0.9 | 7:01 | 4:46 | |
| 29 | Fri | **9:44** | 11.1 | **10:24** | 9.8 | **3:25** | -0.3 | **4:10** | -1.5 | 7:00 | 4:48 | |
| 30 | Sat | **10:38** | 11.5 | **11:15** | 10.3 | **4:20** | -0.8 | **5:00** | -1.9 | 6:59 | 4:49 | |
| 31 | Sun | **11:30** | 11.6 | | | **5:13** | -1.2 | **5:49** | -2.0 | 6:58 | 4:50 | |