

































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	