


































Fore River, Portland, ME - Mar 2010

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|------|-------|------|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Mon | 11:15 | 11.3 | 11:41 | 11.1 | 4:59 | -1.6 | 5:27 | -1.8 | 6:17 | 5:29 |  |
| 2 | Tue | | | 12:06 | 11.2 | 5:50 | -1.8 | 6:14 | -1.6 | 6:15 | 5:30 |  |
| 3 | Wed | 12:29 | 11.2 | 12:57 | 10.7 | 6:41 | -1.7 | 7:01 | -1.2 | 6:13 | 5:32 |  |
| 4 | Thu | 1:16 | 11.0 | 1:48 | 10.1 | 7:33 | -1.4 | 7:50 | -0.5 | 6:12 | 5:33 |  |
| 5 | Fri | 2:06 | 10.6 | 2:43 | 9.4 | 8:27 | -0.8 | 8:42 | 0.2 | 6:10 | 5:34 |  |
| 6 | Sat | 2:59 | 10.0 | 3:41 | 8.7 | 9:24 | -0.2 | 9:37 | 0.9 | 6:08 | 5:35 |  |
| 7 | Sun | 3:56 | 9.5 | 4:43 | 8.2 | 10:25 | 0.4 | 10:37 | 1.4 | 6:07 | 5:37 |  |
| 8 | Mon | 4:58 | 9.0 | 5:48 | 7.8 | 11:30 | 0.8 | 11:43 | 1.8 | 6:05 | 5:38 |  |
| 9 | Tue | 6:03 | 8.7 | 6:52 | 7.8 | | | 12:38 | 1.1 | 6:03 | 5:39 |  |
| 10 | Wed | 7:07 | 8.7 | 7:51 | 7.9 | 12:50 | 1.8 | 1:40 | 1.0 | 6:01 | 5:41 |  |
| 11 | Thu | 8:05 | 8.8 | 8:42 | 8.2 | 1:51 | 1.6 | 2:32 | 0.8 | 6:00 | 5:42 |  |
| 12 | Fri | 8:54 | 9.0 | 9:25 | 8.5 | 2:42 | 1.3 | 3:16 | 0.6 | 5:58 | 5:43 |  |
| 13 | Sat | 9:37 | 9.2 | 10:04 | 8.9 | 3:26 | 1.0 | 3:54 | 0.5 | 5:56 | 5:44 |  |
| 14 | Sun | 11:16 | 9.3 | 11:39 | 9.1 | 5:06 | 0.7 | 5:28 | 0.3 | 6:54 | 6:45 |  |
| 15 | Mon | 11:53 | 9.4 | | | 5:42 | 0.4 | 5:59 | 0.3 | 6:52 | 6:47 |  |
| 16 | Tue | 12:11 | 9.4 | 12:29 | 9.3 | 6:16 | 0.2 | 6:30 | 0.3 | 6:51 | 6:48 |  |
| 17 | Wed | 12:42 | 9.5 | 1:03 | 9.3 | 6:50 | 0.0 | 7:01 | 0.4 | 6:49 | 6:49 |  |
| 18 | Thu | 1:13 | 9.6 | 1:37 | 9.1 | 7:25 | 0.0 | 7:34 | 0.5 | 6:47 | 6:50 |  |
| 19 | Fri | 1:45 | 9.7 | 2:13 | 8.9 | 8:01 | -0.1 | 8:11 | 0.6 | 6:45 | 6:52 |  |
| 20 | Sat | 2:21 | 9.7 | 2:53 | 8.7 | 8:42 | 0.0 | 8:52 | 0.8 | 6:43 | 6:53 |  |
| 21 | Sun | 3:02 | 9.7 | 3:40 | 8.4 | 9:28 | 0.2 | 9:38 | 1.0 | 6:42 | 6:54 |  |
| 22 | Mon | 3:51 | 9.6 | 4:34 | 8.2 | 10:21 | 0.3 | 10:33 | 1.2 | 6:40 | 6:55 |  |
| 23 | Tue | 4:48 | 9.5 | 5:36 | 8.1 | 11:20 | 0.4 | 11:33 | 1.2 | 6:38 | 6:56 |  |
| 24 | Wed | 5:52 | 9.4 | 6:43 | 8.3 | | | 12:24 | 0.4 | 6:36 | 6:58 |  |
| 25 | Thu | 7:01 | 9.6 | 7:51 | 8.7 | 12:40 | 1.1 | 1:31 | 0.2 | 6:34 | 6:59 |  |
| 26 | Fri | 8:11 | 9.8 | 8:54 | 9.3 | 1:51 | 0.7 | 2:36 | -0.2 | 6:33 | 7:00 |  |
| 27 | Sat | 9:15 | 10.2 | 9:49 | 10.0 | 2:57 | 0.1 | 3:33 | -0.6 | 6:31 | 7:01 |  |
| 28 | Sun | 10:13 | 10.6 | 10:41 | 10.6 | 3:56 | -0.6 | 4:26 | -1.0 | 6:29 | 7:02 |  |
| 29 | Mon | 11:07 | 10.8 | 11:30 | 11.1 | 4:51 | -1.2 | 5:15 | -1.2 | 6:27 | 7:04 |  |
| 30 | Tue | 11:59 | 10.8 | | | 5:43 | -1.6 | 6:03 | -1.2 | 6:25 | 7:05 |  |
| 31 | Wed | 12:17 | 11.3 | 12:49 | 10.6 | 6:34 | -1.8 | 6:50 | -0.9 | 6:24 | 7:06 |  |