US HARBORS www.USHarbors.com

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	