
































Fore River, Portland, ME - Jul 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	2:48	9.4	3:26	8.8	9:07	0.5	9:21	1.5	5:03	8:26	
2	Fri	3:30	9.1	4:07	8.8	9:45	0.8	10:07	1.6	5:04	8:26	
3	Sat	4:15	8.7	4:49	8.8	10:26	1.0	10:55	1.6	5:04	8:26	
4	Sun	5:03	8.4	5:32	8.9	11:08	1.3	11:45	1.6	5:05	8:25	
5	Mon	5:53	8.1	6:18	9.0	11:53	1.5			5:05	8:25	
6	Tue	6:47	7.9	7:07	9.2	12:37	1.5	12:43	1.6	5:06	8:25	
7	Wed	7:44	7.9	8:00	9.5	1:34	1.3	1:36	1.6	5:07	8:24	
8	Thu	8:42	8.0	8:53	9.8	2:31	0.9	2:31	1.5	5:07	8:24	
9	Fri	9:37	8.3	9:45	10.3	3:25	0.4	3:25	1.1	5:08	8:24	
10	Sat	10:29	8.7	10:36	10.8	4:16	-0.1	4:17	0.7	5:09	8:23	
11	Sun	11:20	9.1	11:28	11.1	5:06	-0.6	5:10	0.3	5:10	8:23	
12	Mon			12:11	9.6	5:56	-1.0	6:03	-0.1	5:11	8:22	
13	Tue	12:20	11.4	1:01	10.0	6:45	-1.3	6:56	-0.4	5:11	8:21	
14	Wed	1:12	11.4	1:51	10.3	7:34	-1.5	7:50	-0.5	5:12	8:21	
15	Thu	2:05	11.3	2:42	10.5	8:24	-1.4	8:45	-0.5	5:13	8:20	
16	Fri	2:59	10.9	3:35	10.6	9:15	-1.1	9:43	-0.4	5:14	8:19	
17	Sat	3:57	10.3	4:31	10.5	10:08	-0.6	10:44	-0.2	5:15	8:19	
18	Sun	4:58	9.8	5:28	10.4	11:04	-0.1	11:47	0.0	5:16	8:18	
19	Mon	6:01	9.2	6:26	10.2			12:02	0.4	5:17	8:17	
20	Tue	7:06	8.8	7:27	10.1	12:52	0.2	1:03	0.9	5:18	8:16	
21	Wed	8:12	8.5	8:28	10.0	1:59	0.3	2:06	1.2	5:19	8:16	
22	Thu	9:13	8.5	9:25	10.0	3:02	0.3	3:07	1.2	5:20	8:15	
23	Fri	10:08	8.5	10:17	10.0	3:58	0.2	4:00	1.2	5:21	8:14	
24	Sat	10:58	8.6	11:04	10.0	4:47	0.1	4:49	1.2	5:22	8:13	
25	Sun	11:43	8.7	11:47	10.0	5:32	0.1	5:33	1.1	5:23	8:12	
26	Mon			12:24	8.8	6:13	0.1	6:14	1.0	5:24	8:11	
27	Tue	12:28	9.9	1:02	8.9	6:49	0.1	6:53	1.0	5:25	8:10	
28	Wed	1:05	9.8	1:37	9.0	7:23	0.2	7:31	1.0	5:26	8:09	
29	Thu	1:41	9.6	2:11	9.0	7:56	0.4	8:08	1.1	5:27	8:08	
30	Fri	2:18	9.3	2:46	9.1	8:29	0.6	8:47	1.1	5:28	8:06	
31	Sat	2:56	9.0	3:21	9.1	9:04	0.8	9:28	1.2	5:29	8:05	