US HARBORS www.USHarbors.com

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	