US HARBORS www.USHarbors.com

Fore River, Portland, ME - Aug 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	3:37	8.7	4:00	9.1	9:42	1.0	10:13	1.3	5:30	8:04	
2	Mon	4:22	8.4	4:43	9.1	10:24	1.3	11:01	1.3	5:31	8:03	
3	Tue	5:11	8.1	5:30	9.1	11:10	1.5	11:54	1.3	5:32	8:02	
4	Wed	6:04	7.9	6:23	9.2			12:01	1.6	5:33	8:00	
5	Thu	7:03	7.9	7:20	9.5	12:52	1.2	12:57	1.6	5:34	7:59	
6	Fri	8:06	8.0	8:21	9.9	1:54	0.9	1:58	1.3	5:35	7:58	
7	Sat	9:06	8.4	9:19	10.4	2:54	0.4	2:58	0.9	5:36	7:56	
8	Sun	10:02	9.0	10:15	10.9	3:50	-0.2	3:55	0.4	5:38	7:55	
9	Mon	10:55	9.6	11:09	11.3	4:42	-0.8	4:51	-0.2	5:39	7:54	
10	Tue	11:46	10.1			5:32	-1.3	5:45	-0.7	5:40	7:52	
11	Wed	12:02	11.5	12:37	10.6	6:22	-1.5	6:39	-1.0	5:41	7:51	
12	Thu	12:55	11.5	1:27	11.0	7:11	-1.6	7:32	-1.2	5:42	7:49	
13	Fri	1:48	11.3	2:17	11.1	8:00	-1.4	8:27	-1.1	5:43	7:48	
14	Sat	2:42	10.8	3:09	11.0	8:50	-1.0	9:23	-0.8	5:44	7:46	
15	Sun	3:39	10.2	4:04	10.7	9:43	-0.4	10:23	-0.4	5:45	7:45	
16	Mon	4:39	9.5	5:02	10.3	10:40	0.2	11:26	0.0	5:47	7:43	
17	Tue	5:42	9.0	6:03	10.0	11:40	0.8			5:48	7:42	
18	Wed	6:47	8.5	7:06	9.7	12:32	0.4	12:43	1.2	5:49	7:40	
19	Thu	7:53	8.3	8:10	9.6	1:39	0.6	1:48	1.5	5:50	7:39	
20	Fri	8:54	8.3	9:08	9.6	2:43	0.6	2:50	1.4	5:51	7:37	
21	Sat	9:48	8.4	9:59	9.7	3:38	0.6	3:44	1.3	5:52	7:35	
22	Sun	10:35	8.6	10:45	9.7	4:26	0.4	4:31	1.1	5:53	7:34	
23	Mon	11:17	8.8	11:26	9.8	5:08	0.3	5:13	1.0	5:54	7:32	
24	Tue	11:55	9.0			5:45	0.3	5:52	0.8	5:56	7:30	
25	Wed	12:04	9.7	12:30	9.2	6:19	0.3	6:29	0.7	5:57	7:29	
26	Thu	12:40	9.6	1:03	9.3	6:50	0.4	7:04	0.7	5:58	7:27	
27	Fri	1:15	9.4	1:34	9.3	7:21	0.5	7:39	0.7	5:59	7:25	
28	Sat	1:50	9.2	2:06	9.3	7:53	0.7	8:15	0.7	6:00	7:24	
29	Sun	2:25	8.9	2:40	9.3	8:27	0.9	8:54	0.8	6:01	7:22	
30	Mon	3:04	8.6	3:18	9.3	9:05	1.1	9:37	0.9	6:02	7:20	
31	Tue	3:47	8.4	4:02	9.2	9:47	1.3	10:26	1.0	6:03	7:19	