US HARBORS www.USHarbors.com

Fore River, Portland, ME - Jan 2011

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	8:13	10.3	8:56	8.9	1:53	0.6	2:43	-0.5	7:14	4:14	
2	Sun	9:07	10.4	9:50	9.0	2:50	0.5	3:37	-0.7	7:14	4:15	
3	Mon	9:58	10.4	10:39	9.1	3:42	0.4	4:26	-0.7	7:14	4:16	
4	Tue	10:46	10.4	11:25	9.1	4:31	0.4	5:12	-0.7	7:14	4:17	
5	Wed	11:30	10.3			5:16	0.4	5:54	-0.6	7:14	4:18	
6	Thu	12:07	9.1	12:12	10.1	5:59	0.5	6:33	-0.4	7:14	4:19	
7	Fri	12:47	9.0	12:52	9.8	6:41	0.6	7:11	-0.1	7:14	4:20	
8	Sat	1:26	9.0	1:32	9.4	7:22	0.8	7:48	0.2	7:14	4:21	
9	Sun	2:05	8.8	2:14	9.0	8:05	1.0	8:27	0.6	7:13	4:22	
10	Mon	2:46	8.7	2:59	8.5	8:50	1.2	9:08	0.9	7:13	4:23	
11	Tue	3:29	8.6	3:48	8.1	9:38	1.4	9:52	1.3	7:13	4:24	
12	Wed	4:15	8.6	4:40	7.8	10:29	1.5	10:39	1.5	7:12	4:26	
13	Thu	5:03	8.6	5:37	7.6	11:24	1.5	11:30	1.7	7:12	4:27	
14	Fri	5:56	8.6	6:36	7.5			12:22	1.4	7:11	4:28	
15	Sat	6:51	8.9	7:35	7.7	12:26	1.7	1:21	1.0	7:11	4:29	
16	Sun	7:45	9.2	8:28	8.0	1:22	1.5	2:15	0.6	7:10	4:30	
17	Mon	8:35	9.7	9:16	8.5	2:15	1.2	3:03	0.0	7:10	4:32	
18	Tue	9:23	10.2	10:03	8.9	3:05	0.7	3:50	-0.6	7:09	4:33	
19	Wed	10:11	10.7	10:49	9.5	3:53	0.1	4:35	-1.1	7:09	4:34	
20	Thu	10:58	11.1	11:35	9.9	4:42	-0.3	5:20	-1.5	7:08	4:35	
21	Fri	11:46	11.2			5:31	-0.7	6:06	-1.7	7:07	4:37	
22	Sat	12:20	10.3	12:35	11.1	6:21	-1.0	6:52	-1.7	7:07	4:38	
23	Sun	1:07	10.5	1:25	10.8	7:12	-1.0	7:40	-1.4	7:06	4:39	
24	Mon	1:57	10.6	2:19	10.3	8:06	-0.9	8:31	-1.0	7:05	4:41	
25	Tue	2:50	10.5	3:18	9.7	9:04	-0.7	9:25	-0.4	7:04	4:42	
26	Wed	3:47	10.3	4:21	9.1	10:06	-0.3	10:24	0.1	7:03	4:43	
27	Thu	4:47	10.0	5:28	8.7	11:12	0.0	11:27	0.6	7:02	4:45	
28	Fri	5:52	9.8	6:38	8.4			12:22	0.1	7:01	4:46	
29	Sat	6:58	9.7	7:46	8.4	12:34	0.9	1:31	0.1	7:00	4:47	
30	Sun	8:01	9.7	8:45	8.5	1:41	1.0	2:33	-0.1	6:59	4:49	
31	Mon	8:57	9.8	9:38	8.7	2:40	0.8	3:26	-0.2	6:58	4:50	