US HARBORS www.USHarbors.com

Fore River, Portland, ME - Jan 2012

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	**4:36**	8.8	**5:00**	8.1	**10:50**	1.3	**11:03**	1.3	7:14	4:14	
2	Mon	**5:27**	8.7	**5:57**	7.8	**11:48**	1.4	**11:56**	1.6	7:14	4:15	
3	Tue	**6:20**	8.7	**6:56**	7.7			**12:48**	1.3	7:14	4:16	
4	Wed	**7:13**	8.9	**7:52**	7.8	**12:52**	1.7	**1:43**	1.1	7:14	4:17	
5	Thu	**8:03**	9.1	**8:42**	8.0	**1:44**	1.6	**2:33**	0.8	7:14	4:18	
6	Fri	**8:49**	9.3	**9:27**	8.2	**2:31**	1.5	**3:16**	0.4	7:14	4:19	
7	Sat	**9:31**	9.6	**10:09**	8.5	**3:14**	1.2	**3:56**	0.1	7:14	4:20	
8	Sun	**10:11**	9.9	**10:48**	8.7	**3:55**	0.9	**4:35**	-0.2	7:14	4:21	
9	Mon	**10:51**	10.2	**11:27**	9.0	**4:35**	0.6	**5:12**	-0.5	7:13	4:22	
10	Tue	**11:30**	10.3			**5:15**	0.4	**5:50**	-0.7	7:13	4:23	
11	Wed	**12:04**	9.3	**12:10**	10.4	**5:57**	0.1	**6:29**	-0.9	7:13	4:24	
12	Thu	**12:43**	9.5	**12:52**	10.4	**6:40**	-0.1	**7:10**	-0.9	7:12	4:25	
13	Fri	**1:24**	9.7	**1:37**	10.2	**7:26**	-0.2	**7:54**	-0.8	7:12	4:26	
14	Sat	**2:09**	9.9	**2:27**	9.9	**8:17**	-0.2	**8:41**	-0.6	7:12	4:28	
15	Sun	**2:59**	10.0	**3:23**	9.5	**9:12**	-0.1	**9:34**	-0.2	7:11	4:29	
16	Mon	**3:53**	10.0	**4:24**	9.1	**10:11**	-0.1	**10:30**	0.1	7:11	4:30	
17	Tue	**4:52**	10.0	**5:30**	8.8	**11:15**	0.0	**11:31**	0.4	7:10	4:31	
18	Wed	**5:55**	10.0	**6:40**	8.7			**12:24**	-0.1	7:09	4:32	
19	Thu	**7:01**	10.1	**7:48**	8.8	**12:37**	0.5	**1:33**	-0.3	7:09	4:34	
20	Fri	**8:05**	10.3	**8:50**	9.0	**1:44**	0.4	**2:35**	-0.6	7:08	4:35	
21	Sat	**9:04**	10.6	**9:46**	9.3	**2:45**	0.2	**3:31**	-0.9	7:07	4:36	
22	Sun	**9:58**	10.8	**10:37**	9.5	**3:40**	-0.1	**4:23**	-1.1	7:07	4:38	
23	Mon	**10:48**	10.8	**11:25**	9.7	**4:32**	-0.2	**5:11**	-1.2	7:06	4:39	
24	Tue	**11:36**	10.7			**5:21**	-0.3	**5:55**	-1.1	7:05	4:40	
25	Wed	**12:09**	9.7	**12:21**	10.4	**6:07**	-0.2	**6:37**	-0.8	7:04	4:42	
26	Thu	**12:51**	9.7	**1:04**	10.0	**6:52**	-0.1	**7:17**	-0.4	7:03	4:43	
27	Fri	**1:32**	9.5	**1:47**	9.5	**7:36**	0.2	**7:58**	0.0	7:02	4:44	
28	Sat	**2:14**	9.3	**2:32**	8.9	**8:21**	0.5	**8:39**	0.5	7:02	4:46	
29	Sun	**2:58**	9.1	**3:20**	8.4	**9:09**	0.8	**9:23**	1.0	7:01	4:47	
30	Mon	**3:44**	8.8	**4:12**	8.0	**10:00**	1.1	**10:10**	1.4	7:00	4:48	
31	Tue	**4:33**	8.6	**5:07**	7.6	**10:54**	1.4	**11:01**	1.7	6:59	4:50	