US HARBORS www.USHarbors.com

Fore River, Portland, ME - Jan 2016

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	3:56	8.7	4:11	8.5	10:00	1.4	10:22	1.0	7:14	4:14	
2	Sat	4:46	8.6	5:06	8.1	10:55	1.5	11:12	1.3	7:14	4:15	
3	Sun	5:37	8.6	6:03	7.9	11:52	1.5			7:14	4:16	
4	Mon	6:29	8.7	7:01	7.9	12:05	1.5	12:51	1.4	7:14	4:17	
5	Tue	7:20	8.9	7:55	8.0	12:58	1.5	1:45	1.1	7:14	4:18	
6	Wed	8:08	9.2	8:44	8.2	1:49	1.4	2:33	0.7	7:14	4:19	
7	Thu	8:52	9.5	9:28	8.5	2:34	1.2	3:16	0.2	7:14	4:20	
8	Fri	9:34	9.9	10:11	8.8	3:17	0.9	3:57	-0.2	7:14	4:21	
9	Sat	10:15	10.2	10:52	9.1	3:59	0.5	4:37	-0.6	7:13	4:22	
10	Sun	10:57	10.5	11:34	9.4	4:42	0.2	5:18	-0.9	7:13	4:23	
11	Mon	11:40	10.7			5:25	-0.1	6:00	-1.1	7:13	4:24	
12	Tue	12:16	9.6	12:24	10.8	6:10	-0.3	6:44	-1.3	7:12	4:25	
13	Wed	12:59	9.8	1:10	10.7	6:58	-0.4	7:29	-1.2	7:12	4:26	
14	Thu	1:46	9.9	2:00	10.5	7:48	-0.4	8:18	-1.0	7:12	4:28	
15	Fri	2:36	10.0	2:55	10.1	8:43	-0.3	9:11	-0.7	7:11	4:29	
16	Sat	3:32	10.0	3:56	9.6	9:42	-0.2	10:07	-0.4	7:11	4:30	
17	Sun	4:30	10.0	5:00	9.3	10:45	-0.1	11:07	0.0	7:10	4:31	
18	Mon	5:31	10.0	6:08	9.0	11:52	-0.1			7:09	4:33	
19	Tue	6:36	10.0	7:16	8.9	12:10	0.2	1:01	-0.2	7:09	4:34	
20	Wed	7:39	10.2	8:20	9.1	1:16	0.3	2:06	-0.5	7:08	4:35	
21	Thu	8:37	10.4	9:17	9.2	2:18	0.2	3:04	-0.7	7:07	4:36	
22	Fri	9:31	10.5	10:09	9.4	3:13	0.1	3:56	-0.9	7:07	4:38	
23	Sat	10:21	10.6	10:57	9.5	4:05	0.0	4:44	-1.0	7:06	4:39	
24	Sun	11:08	10.6	11:42	9.5	4:53	-0.1	5:29	-1.0	7:05	4:40	
25	Mon	11:51	10.4			5:37	0.0	6:10	-0.8	7:04	4:42	
26	Tue	12:24	9.4	12:33	10.1	6:20	0.1	6:50	-0.5	7:03	4:43	
27	Wed	1:04	9.3	1:13	9.7	7:02	0.3	7:28	-0.2	7:02	4:44	
28	Thu	1:43	9.2	1:55	9.3	7:43	0.6	8:07	0.2	7:01	4:46	
29	Fri	2:24	9.0	2:38	8.9	8:27	0.8	8:48	0.6	7:01	4:47	
30	Sat	3:07	8.8	3:26	8.4	9:14	1.1	9:32	1.0	7:00	4:48	
31	Sun	3:52	8.6	4:16	8.0	10:04	1.3	10:18	1.3	6:58	4:50	