US HARBORS www.USHarbors.com

Fore River, Portland, ME - Jan 2019

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	7:20	9.8	7:55	8.9	12:58	0.4	1:44	0.1	7:14	4:14	
2	Wed	8:14	9.9	8:51	8.9	1:56	0.6	2:40	-0.2	7:14	4:15	
3	Thu	9:04	10.0	9:42	8.9	2:48	0.6	3:30	-0.3	7:14	4:16	
4	Fri	9:49	10.1	10:28	8.9	3:35	0.7	4:16	-0.4	7:14	4:17	
5	Sat	10:32	10.0	11:10	8.8	4:19	0.7	4:58	-0.4	7:14	4:18	
6	Sun	11:12	10.0	11:50	8.8	5:00	0.8	5:37	-0.3	7:14	4:19	
7	Mon	11:50	9.9			5:38	0.9	6:14	-0.2	7:14	4:20	
8	Tue	12:27	8.7	12:27	9.7	6:15	0.9	6:49	0.0	7:14	4:21	
9	Wed	1:04	8.6	1:04	9.5	6:53	1.1	7:24	0.2	7:13	4:22	
10	Thu	1:41	8.5	1:42	9.2	7:31	1.2	8:01	0.4	7:13	4:23	
11	Fri	2:19	8.5	2:23	8.9	8:13	1.3	8:41	0.6	7:13	4:24	
12	Sat	3:00	8.4	3:08	8.6	8:58	1.4	9:23	0.8	7:12	4:26	
13	Sun	3:43	8.5	3:57	8.4	9:47	1.4	10:08	1.0	7:12	4:27	
14	Mon	4:29	8.6	4:49	8.2	10:39	1.4	10:56	1.1	7:11	4:28	
15	Tue	5:18	8.8	5:46	8.1	11:35	1.2	11:49	1.1	7:11	4:29	
16	Wed	6:11	9.1	6:47	8.2			12:34	0.8	7:10	4:30	
17	Thu	7:06	9.5	7:47	8.4	12:45	1.0	1:34	0.3	7:10	4:32	
18	Fri	8:02	10.0	8:44	8.8	1:43	0.7	2:30	-0.3	7:09	4:33	
19	Sat	8:55	10.6	9:37	9.3	2:38	0.3	3:23	-1.0	7:09	4:34	
20	Sun	9:48	11.1	10:30	9.7	3:31	-0.2	4:15	-1.5	7:08	4:35	
21	Mon	10:41	11.5	11:22	10.1	4:24	-0.6	5:07	-1.9	7:07	4:37	
22	Tue	11:34	11.7			5:17	-0.9	5:58	-2.1	7:06	4:38	
23	Wed	12:13	10.3	12:27	11.6	6:11	-1.0	6:49	-2.0	7:06	4:39	
24	Thu	1:05	10.4	1:21	11.3	7:05	-1.0	7:40	-1.7	7:05	4:41	
25	Fri	1:58	10.3	2:17	10.7	8:01	-0.8	8:34	-1.2	7:04	4:42	
26	Sat	2:54	10.2	3:17	10.1	9:01	-0.5	9:30	-0.7	7:03	4:43	
27	Sun	3:51	10.0	4:19	9.4	10:03	-0.1	10:28	0.0	7:02	4:45	
28	Mon	4:50	9.7	5:24	8.9	11:09	0.2	11:28	0.5	7:01	4:46	
29	Tue	5:51	9.5	6:30	8.5			12:16	0.3	7:00	4:47	
30	Wed	6:52	9.4	7:35	8.4	12:31	0.9	1:22	0.3	6:59	4:49	
31	Thu	7:51	9.4	8:32	8.4	1:33	1.1	2:21	0.2	6:58	4:50	