

































## Fore River, Portland, ME - Mar 2019

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	7:23	8.9	8:07	8.1	1:06	1.5	1:54	0.7	6:17	5:29	
2	Sat	8:19	9.1	8:58	8.3	2:05	1.4	2:47	0.5	6:15	5:30	
3	Sun	9:08	9.2	9:43	8.5	2:56	1.2	3:33	0.3	6:14	5:31	
4	Mon	9:52	9.4	10:23	8.8	3:40	1.0	4:13	0.2	6:12	5:33	
5	Tue	10:31	9.6	11:00	9.0	4:20	0.7	4:49	0.1	6:10	5:34	
6	Wed	11:08	9.6	11:33	9.1	4:56	0.5	5:21	0.0	6:09	5:35	
7	Thu	11:43	9.6			5:31	0.4	5:52	0.0	6:07	5:37	
8	Fri	12:05	9.2	12:17	9.5	6:04	0.3	6:23	0.1	6:05	5:38	
9	Sat	12:36	9.3	12:51	9.4	6:39	0.2	6:55	0.2	6:03	5:39	
10	Sun	1:07	9.4	2:26	9.1	8:15	0.2	8:30	0.4	7:02	6:40	
11	Mon	2:41	9.4	3:05	8.9	8:55	0.3	9:09	0.6	7:00	6:42	
12	Tue	3:20	9.4	3:50	8.6	9:39	0.3	9:54	0.8	6:58	6:43	
13	Wed	4:06	9.4	4:42	8.4	10:30	0.4	10:44	1.0	6:56	6:44	
14	Thu	4:58	9.3	5:41	8.2	11:26	0.5	11:42	1.1	6:55	6:45	
15	Fri	5:58	9.4	6:47	8.2			12:29	0.4	6:53	6:46	
16	Sat	7:05	9.5	7:56	8.5	12:45	1.1	1:37	0.2	6:51	6:48	
17	Sun	8:14	9.9	9:00	9.0	1:53	0.8	2:43	-0.3	6:49	6:49	
18	Mon	9:18	10.4	9:58	9.7	2:59	0.2	3:42	-0.8	6:47	6:50	
19	Tue	10:17	10.9	10:52	10.3	3:59	-0.4	4:37	-1.3	6:46	6:51	
20	Wed	11:12	11.2	11:43	10.8	4:55	-1.0	5:28	-1.6	6:44	6:53	
21	Thu			12:05	11.3	5:48	-1.5	6:17	-1.7	6:42	6:54	
22	Fri	12:32	11.1	12:57	11.2	6:40	-1.7	7:05	-1.5	6:40	6:55	
23	Sat	1:19	11.2	1:47	10.9	7:31	-1.7	7:52	-1.1	6:38	6:56	
24	Sun	2:06	11.0	2:38	10.3	8:22	-1.4	8:40	-0.5	6:37	6:57	
25	Mon	2:55	10.6	3:31	9.7	9:14	-0.9	9:31	0.2	6:35	6:59	
26	Tue	3:46	10.1	4:28	9.0	10:10	-0.3	10:25	0.8	6:33	7:00	
27	Wed	4:42	9.5	5:28	8.5	11:08	0.3	11:24	1.4	6:31	7:01	
28	Thu	5:41	9.1	6:30	8.1			12:10	0.7	6:29	7:02	
29	Fri	6:43	8.7	7:33	8.0	12:26	1.8	1:15	1.0	6:28	7:03	
30	Sat	7:47	8.6	8:32	8.1	1:32	1.9	2:18	1.1	6:26	7:05	
31	Sun	8:45	8.7	9:24	8.3	2:33	1.7	3:12	0.9	6:24	7:06	