
































## Fore River, Portland, ME - Jun 2019

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	10:30	8.9	10:39	10.1	4:18	0.4	4:22	0.9	5:02	8:15	
2	Sun	11:13	9.1	11:18	10.4	5:00	0.0	5:04	0.7	5:01	8:16	
3	Mon	11:57	9.2			5:42	-0.4	5:46	0.6	5:01	8:17	
4	Tue	12:00	10.7	12:41	9.4	6:26	-0.7	6:31	0.5	5:01	8:17	
5	Wed	12:44	10.9	1:27	9.4	7:11	-0.9	7:18	0.4	5:00	8:18	
6	Thu	1:31	10.9	2:16	9.5	7:58	-1.0	8:08	0.4	5:00	8:19	
7	Fri	2:21	10.8	3:08	9.5	8:49	-0.9	9:02	0.5	5:00	8:19	
8	Sat	3:15	10.6	4:05	9.5	9:43	-0.7	10:00	0.6	4:59	8:20	
9	Sun	4:15	10.3	5:04	9.6	10:40	-0.5	11:03	0.7	4:59	8:21	
10	Mon	5:18	10.0	6:04	9.7	11:39	-0.3			4:59	8:21	
11	Tue	6:22	9.8	7:04	9.9	12:08	0.6	12:39	-0.1	4:59	8:22	
12	Wed	7:29	9.6	8:04	10.2	1:15	0.4	1:40	0.1	4:59	8:22	
13	Thu	8:33	9.5	9:00	10.4	2:21	0.1	2:39	0.2	4:59	8:23	
14	Fri	9:33	9.5	9:52	10.6	3:21	-0.2	3:34	0.2	4:58	8:23	
15	Sat	10:28	9.5	10:41	10.7	4:16	-0.5	4:24	0.3	4:58	8:24	
16	Sun	11:20	9.4	11:28	10.7	5:07	-0.7	5:13	0.5	4:58	8:24	
17	Mon			12:09	9.3	5:55	-0.7	5:59	0.7	4:59	8:25	
18	Tue	12:13	10.6	12:55	9.2	6:40	-0.6	6:43	0.9	4:59	8:25	
19	Wed	12:56	10.4	1:38	9.1	7:23	-0.4	7:26	1.1	4:59	8:25	
20	Thu	1:38	10.1	2:21	8.9	8:05	-0.1	8:09	1.3	4:59	8:26	
21	Fri	2:20	9.8	3:04	8.7	8:46	0.2	8:53	1.5	4:59	8:26	
22	Sat	3:04	9.5	3:49	8.6	9:28	0.5	9:39	1.7	4:59	8:26	
23	Sun	3:49	9.2	4:34	8.6	10:12	0.7	10:28	1.8	5:00	8:26	
24	Mon	4:38	8.9	5:20	8.6	10:56	0.9	11:18	1.9	5:00	8:26	
25	Tue	5:28	8.6	6:07	8.7	11:41	1.1			5:00	8:26	
26	Wed	6:19	8.4	6:54	8.8	12:10	1.8	12:27	1.3	5:01	8:26	
27	Thu	7:14	8.2	7:42	9.1	1:04	1.7	1:16	1.4	5:01	8:26	
28	Fri	8:09	8.3	8:29	9.4	1:59	1.4	2:06	1.3	5:01	8:26	
29	Sat	9:02	8.4	9:15	9.8	2:51	0.9	2:55	1.2	5:02	8:26	
30	Sun	9:52	8.6	10:01	10.2	3:40	0.4	3:43	1.0	5:02	8:26	