

































Fore River, Portland, ME - Jul 2019

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	10:41	8.9	10:47	10.7	4:28	-0.1	4:31	0.7	5:03	8:26	
2	Tue	11:29	9.2	11:35	11.0	5:15	-0.6	5:19	0.4	5:04	8:26	
3	Wed			12:19	9.5	6:03	-1.0	6:09	0.2	5:04	8:26	
4	Thu	12:25	11.2	1:09	9.7	6:52	-1.2	7:00	0.0	5:05	8:25	
5	Fri	1:16	11.3	1:59	9.9	7:42	-1.4	7:53	-0.1	5:05	8:25	
6	Sat	2:08	11.2	2:52	10.0	8:33	-1.3	8:49	0.0	5:06	8:25	
7	Sun	3:04	11.0	3:48	10.1	9:27	-1.1	9:48	0.1	5:07	8:25	
8	Mon	4:03	10.6	4:45	10.1	10:22	-0.8	10:50	0.2	5:07	8:24	
9	Tue	5:04	10.1	5:44	10.2	11:19	-0.4	11:54	0.2	5:08	8:24	
10	Wed	6:08	9.6	6:42	10.2			12:17	0.0	5:09	8:23	
11	Thu	7:13	9.3	7:42	10.2	1:00	0.3	1:18	0.3	5:10	8:23	
12	Fri	8:18	9.1	8:40	10.2	2:06	0.2	2:18	0.6	5:10	8:22	
13	Sat	9:19	9.0	9:34	10.3	3:07	0.0	3:16	0.8	5:11	8:22	
14	Sun	10:14	8.9	10:24	10.3	4:03	-0.1	4:08	0.8	5:12	8:21	
15	Mon	11:05	9.0	11:11	10.3	4:53	-0.2	4:56	0.9	5:13	8:20	
16	Tue	11:52	8.9	11:56	10.2	5:39	-0.2	5:41	1.0	5:14	8:20	
17	Wed			12:36	8.9	6:23	-0.2	6:24	1.0	5:15	8:19	
18	Thu	12:37	10.1	1:16	8.9	7:03	-0.1	7:04	1.1	5:16	8:18	
19	Fri	1:17	10.0	1:55	8.9	7:40	0.1	7:44	1.2	5:17	8:17	
20	Sat	1:55	9.8	2:33	8.8	8:17	0.2	8:24	1.3	5:18	8:17	
21	Sun	2:34	9.5	3:11	8.8	8:53	0.4	9:05	1.4	5:19	8:16	
22	Mon	3:15	9.2	3:51	8.8	9:31	0.6	9:49	1.5	5:19	8:15	
23	Tue	3:58	8.9	4:32	8.8	10:11	0.9	10:35	1.5	5:20	8:14	
24	Wed	4:44	8.6	5:15	8.9	10:53	1.1	11:24	1.5	5:21	8:13	
25	Thu	5:33	8.4	6:01	9.0	11:38	1.2			5:22	8:12	
26	Fri	6:26	8.2	6:49	9.2	12:16	1.4	12:27	1.4	5:23	8:11	
27	Sat	7:23	8.1	7:42	9.5	1:11	1.2	1:20	1.4	5:25	8:10	
28	Sun	8:21	8.3	8:36	9.9	2:09	0.8	2:15	1.2	5:26	8:09	
29	Mon	9:18	8.6	9:29	10.4	3:05	0.3	3:10	0.9	5:27	8:08	
30	Tue	10:11	9.0	10:22	10.8	3:58	-0.2	4:04	0.5	5:28	8:07	
31	Wed	11:04	9.4	11:14	11.3	4:50	-0.8	4:57	0.0	5:29	8:05	