
































## Fore River, Portland, ME - Sep 2019

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	12:44	11.6	1:15	11.0	7:00	-1.7	7:20	-1.3	6:04	7:17	
2	Mon	1:37	11.4	2:05	11.1	7:50	-1.5	8:15	-1.2	6:05	7:15	
3	Tue	2:31	11.0	2:58	10.9	8:40	-1.1	9:11	-0.9	6:07	7:14	
4	Wed	3:28	10.4	3:53	10.6	9:34	-0.5	10:11	-0.5	6:08	7:12	
5	Thu	4:28	9.7	4:51	10.2	10:31	0.2	11:13	-0.1	6:09	7:10	
6	Fri	5:31	9.2	5:51	9.9	11:30	0.7			6:10	7:08	
7	Sat	6:35	8.7	6:54	9.6	12:18	0.3	12:33	1.2	6:11	7:06	
8	Sun	7:40	8.5	7:57	9.5	1:24	0.6	1:38	1.4	6:12	7:05	
9	Mon	8:41	8.5	8:55	9.5	2:28	0.6	2:40	1.4	6:13	7:03	
10	Tue	9:35	8.6	9:47	9.6	3:24	0.5	3:34	1.3	6:14	7:01	
11	Wed	10:22	8.8	10:32	9.7	4:12	0.4	4:20	1.1	6:15	6:59	
12	Thu	11:04	9.0	11:14	9.7	4:54	0.3	5:02	0.9	6:17	6:57	
13	Fri	11:42	9.1	11:53	9.8	5:32	0.3	5:41	0.7	6:18	6:56	
14	Sat			12:18	9.3	6:06	0.3	6:17	0.6	6:19	6:54	
15	Sun	12:29	9.7	12:51	9.3	6:38	0.3	6:51	0.6	6:20	6:52	
16	Mon	1:04	9.6	1:22	9.4	7:10	0.5	7:26	0.6	6:21	6:50	
17	Tue	1:38	9.4	1:54	9.4	7:42	0.6	8:02	0.6	6:22	6:48	
18	Wed	2:14	9.1	2:27	9.4	8:16	0.8	8:40	0.6	6:23	6:46	
19	Thu	2:52	8.9	3:05	9.4	8:53	1.0	9:23	0.7	6:24	6:45	
20	Fri	3:35	8.6	3:48	9.3	9:36	1.2	10:11	0.8	6:26	6:43	
21	Sat	4:24	8.4	4:38	9.3	10:24	1.4	11:04	0.8	6:27	6:41	
22	Sun	5:18	8.3	5:34	9.4	11:17	1.4			6:28	6:39	
23	Mon	6:19	8.3	6:35	9.6	12:03	0.8	12:17	1.4	6:29	6:37	
24	Tue	7:23	8.5	7:41	9.9	1:06	0.6	1:21	1.1	6:30	6:35	
25	Wed	8:27	9.0	8:45	10.3	2:10	0.2	2:26	0.6	6:31	6:34	
26	Thu	9:25	9.6	9:44	10.8	3:10	-0.4	3:26	-0.1	6:32	6:32	
27	Fri	10:19	10.2	10:39	11.2	4:04	-0.9	4:23	-0.7	6:33	6:30	
28	Sat	11:10	10.8	11:33	11.4	4:56	-1.3	5:17	-1.2	6:35	6:28	
29	Sun			12:00	11.2	5:46	-1.5	6:10	-1.6	6:36	6:26	
30	Mon	12:27	11.4	12:50	11.4	6:35	-1.4	7:03	-1.6	6:37	6:24	