
































Fore River, Portland, ME - Jan 2020

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	3:15	8.4	3:21	8.6	9:10	1.6	9:40	0.9	7:14	4:14	
2	Thu	4:02	8.3	4:13	8.3	10:03	1.7	10:26	1.2	7:14	4:15	
3	Fri	4:51	8.3	5:08	8.0	10:57	1.8	11:14	1.4	7:14	4:16	
4	Sat	5:40	8.4	6:04	7.8	11:54	1.7			7:14	4:17	
5	Sun	6:30	8.6	7:02	7.8	12:05	1.6	12:51	1.4	7:14	4:18	
6	Mon	7:20	8.9	7:56	7.9	12:57	1.6	1:45	1.0	7:14	4:19	
7	Tue	8:07	9.2	8:46	8.2	1:47	1.4	2:33	0.6	7:14	4:20	
8	Wed	8:52	9.6	9:32	8.5	2:34	1.2	3:18	0.1	7:14	4:21	
9	Thu	9:36	10.1	10:17	8.8	3:19	0.9	4:02	-0.4	7:13	4:22	
10	Fri	10:20	10.5	11:02	9.1	4:04	0.5	4:47	-0.8	7:13	4:23	
11	Sat	11:06	10.8	11:47	9.4	4:50	0.2	5:32	-1.2	7:13	4:24	
12	Sun	11:53	11.0			5:38	-0.1	6:18	-1.4	7:12	4:25	
13	Mon	12:33	9.6	12:41	11.0	6:26	-0.3	7:05	-1.4	7:12	4:26	
14	Tue	1:20	9.7	1:32	10.8	7:18	-0.3	7:54	-1.3	7:12	4:28	
15	Wed	2:11	9.8	2:26	10.4	8:12	-0.3	8:46	-1.0	7:11	4:29	
16	Thu	3:06	9.9	3:26	10.0	9:11	-0.1	9:41	-0.6	7:11	4:30	
17	Fri	4:03	9.9	4:29	9.5	10:14	0.0	10:39	-0.2	7:10	4:31	
18	Sat	5:02	9.9	5:35	9.0	11:19	0.1	11:39	0.2	7:09	4:33	
19	Sun	6:04	9.9	6:43	8.8			12:28	0.0	7:09	4:34	
20	Mon	7:06	9.9	7:49	8.7	12:43	0.5	1:35	-0.1	7:08	4:35	
21	Tue	8:05	10.0	8:49	8.8	1:46	0.6	2:35	-0.3	7:07	4:36	
22	Wed	9:00	10.1	9:42	8.9	2:43	0.6	3:29	-0.5	7:07	4:38	
23	Thu	9:50	10.2	10:31	8.9	3:35	0.6	4:18	-0.6	7:06	4:39	
24	Fri	10:37	10.2	11:16	9.0	4:23	0.5	5:03	-0.6	7:05	4:40	
25	Sat	11:21	10.1	11:57	9.0	5:07	0.5	5:45	-0.5	7:04	4:42	
26	Sun			12:02	10.0	5:49	0.5	6:23	-0.4	7:03	4:43	
27	Mon	12:36	8.9	12:40	9.8	6:28	0.6	7:00	-0.1	7:02	4:44	
28	Tue	1:13	8.8	1:19	9.4	7:08	0.8	7:36	0.2	7:01	4:46	
29	Wed	1:51	8.7	1:59	9.1	7:48	1.0	8:13	0.5	7:00	4:47	
30	Thu	2:30	8.6	2:41	8.7	8:31	1.1	8:52	0.8	6:59	4:48	
31	Fri	3:11	8.5	3:27	8.3	9:17	1.3	9:34	1.1	6:58	4:50	