





























Fore River, Portland, ME - Nov 2022

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	5:17	8.7	5:30	9.8	11:11	1.2			7:17	5:32	
2	Wed	6:25	8.8	6:41	9.7	12:00	0.2	12:21	1.2	7:18	5:30	
3	Thu	7:31	9.0	7:50	9.6	1:08	0.2	1:33	1.0	7:19	5:29	
4	Fri	8:32	9.4	8:53	9.7	2:12	0.2	2:39	0.5	7:21	5:28	
5	Sat	9:26	9.9	9:50	9.8	3:09	0.0	3:37	0.1	7:22	5:27	
6	Sun	9:14	10.2	9:41	9.8	2:59	0.0	3:29	-0.3	6:23	4:25	
7	Mon	9:58	10.4	10:29	9.7	3:44	0.1	4:16	-0.6	6:25	4:24	
8	Tue	10:40	10.5	11:14	9.5	4:27	0.2	5:00	-0.6	6:26	4:23	
9	Wed	11:20	10.3	11:56	9.2	5:08	0.5	5:42	-0.5	6:27	4:22	
10	Thu	11:58	10.1			5:47	0.8	6:23	-0.2	6:28	4:21	
11	Fri	12:38	8.9	12:37	9.8	6:27	1.2	7:04	0.1	6:30	4:20	
12	Sat	1:20	8.6	1:18	9.5	7:07	1.5	7:46	0.5	6:31	4:19	
13	Sun	2:04	8.3	2:02	9.1	7:50	1.8	8:32	0.8	6:32	4:18	
14	Mon	2:52	8.0	2:51	8.8	8:37	2.1	9:21	1.1	6:34	4:17	
15	Tue	3:43	7.8	3:44	8.6	9:29	2.3	10:12	1.3	6:35	4:16	
16	Wed	4:36	7.8	4:40	8.4	10:24	2.3	11:04	1.4	6:36	4:15	
17	Thu	5:28	7.9	5:36	8.4	11:21	2.2	11:56	1.3	6:37	4:14	
18	Fri	6:19	8.2	6:31	8.5			12:18	1.9	6:39	4:13	
19	Sat	7:07	8.7	7:25	8.7	12:45	1.2	1:13	1.4	6:40	4:12	
20	Sun	7:51	9.2	8:14	9.0	1:32	0.9	2:03	0.8	6:41	4:11	
21	Mon	8:32	9.8	9:00	9.2	2:16	0.6	2:48	0.1	6:43	4:11	
22	Tue	9:13	10.3	9:46	9.5	2:59	0.4	3:33	-0.5	6:44	4:10	
23	Wed	9:55	10.8	10:32	9.7	3:42	0.1	4:18	-1.0	6:45	4:09	
24	Thu	10:39	11.1	11:20	9.7	4:26	0.0	5:05	-1.3	6:46	4:09	
25	Fri	11:26	11.3			5:13	-0.1	5:54	-1.4	6:47	4:08	
26	Sat	12:10	9.7	12:16	11.3	6:03	0.0	6:45	-1.3	6:49	4:07	
27	Sun	1:02	9.5	1:09	11.0	6:55	0.1	7:39	-1.1	6:50	4:07	
28	Mon	1:58	9.3	2:07	10.7	7:51	0.4	8:38	-0.7	6:51	4:06	
29	Tue	2:59	9.2	3:11	10.2	8:53	0.7	9:40	-0.4	6:52	4:06	
30	Wed	4:04	9.1	4:18	9.8	10:01	0.9	10:43	-0.1	6:53	4:06	