

































Fore River, Portland, ME - Jan 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	6:38	9.6	7:14	8.5	12:15	0.7	1:02	0.4	7:14	4:14	
2	Mon	7:34	9.6	8:13	8.4	1:14	1.0	2:02	0.2	7:14	4:15	
3	Tue	8:25	9.6	9:06	8.4	2:09	1.1	2:55	0.1	7:14	4:16	
4	Wed	9:12	9.7	9:54	8.4	2:58	1.2	3:43	0.0	7:14	4:17	
5	Thu	9:56	9.7	10:37	8.4	3:43	1.2	4:26	-0.1	7:14	4:18	
6	Fri	10:38	9.7	11:18	8.4	4:25	1.2	5:06	-0.1	7:14	4:19	
7	Sat	11:17	9.7	11:55	8.4	5:04	1.2	5:43	0.0	7:14	4:20	
8	Sun	11:54	9.6			5:41	1.2	6:19	0.1	7:13	4:21	
9	Mon	12:31	8.4	12:30	9.5	6:17	1.2	6:53	0.2	7:13	4:22	
10	Tue	1:07	8.4	1:06	9.4	6:54	1.3	7:27	0.3	7:13	4:23	
11	Wed	1:42	8.4	1:43	9.1	7:32	1.3	8:03	0.4	7:13	4:24	
12	Thu	2:19	8.4	2:23	8.9	8:14	1.3	8:41	0.6	7:12	4:26	
13	Fri	2:58	8.5	3:08	8.6	9:00	1.3	9:22	0.8	7:12	4:27	
14	Sat	3:40	8.6	3:58	8.3	9:49	1.3	10:07	1.0	7:11	4:28	
15	Sun	4:26	8.8	4:52	8.1	10:42	1.2	10:57	1.1	7:11	4:29	
16	Mon	5:16	9.0	5:52	8.0	11:40	0.9	11:52	1.2	7:10	4:30	
17	Tue	6:12	9.3	6:56	8.0			12:43	0.6	7:10	4:32	
18	Wed	7:11	9.7	7:59	8.3	12:51	1.1	1:45	0.0	7:09	4:33	
19	Thu	8:11	10.2	8:58	8.7	1:52	0.8	2:44	-0.5	7:09	4:34	
20	Fri	9:08	10.8	9:54	9.1	2:50	0.3	3:40	-1.1	7:08	4:35	
21	Sat	10:04	11.2	10:49	9.6	3:46	-0.1	4:34	-1.5	7:07	4:37	
22	Sun	10:59	11.5	11:42	9.9	4:41	-0.5	5:26	-1.8	7:06	4:38	
23	Mon	11:53	11.5			5:36	-0.8	6:17	-1.9	7:06	4:39	
24	Tue	12:33	10.1	12:46	11.3	6:30	-0.8	7:08	-1.7	7:05	4:41	
25	Wed	1:24	10.2	1:40	10.9	7:25	-0.7	7:58	-1.3	7:04	4:42	
26	Thu	2:17	10.1	2:36	10.2	8:22	-0.5	8:51	-0.7	7:03	4:43	
27	Fri	3:11	10.0	3:35	9.5	9:21	-0.2	9:45	-0.1	7:02	4:45	
28	Sat	4:06	9.7	4:37	8.8	10:23	0.2	10:41	0.6	7:01	4:46	
29	Sun	5:03	9.4	5:41	8.3	11:27	0.5	11:40	1.2	7:00	4:47	
30	Mon	6:02	9.2	6:46	8.0			12:33	0.6	6:59	4:49	
31	Tue	7:02	9.1	7:49	7.9	12:42	1.5	1:37	0.6	6:58	4:50	