

































Fore River, Portland, ME - Mar 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	6:27	8.6	7:18	7.6	12:07	2.0	1:04	1.1	6:17	5:29	
2	Thu	7:30	8.6	8:16	7.7	1:13	2.0	2:05	1.0	6:15	5:30	
3	Fri	8:25	8.8	9:05	8.0	2:11	1.8	2:55	0.8	6:14	5:31	
4	Sat	9:12	9.1	9:47	8.3	3:00	1.5	3:38	0.5	6:12	5:33	
5	Sun	9:55	9.3	10:26	8.6	3:42	1.2	4:16	0.3	6:10	5:34	
6	Mon	10:33	9.5	11:01	8.9	4:21	0.9	4:50	0.2	6:09	5:35	
7	Tue	11:09	9.6	11:33	9.1	4:57	0.6	5:21	0.1	6:07	5:37	
8	Wed	11:44	9.6			5:31	0.4	5:51	0.1	6:05	5:38	
9	Thu	12:04	9.3	12:17	9.5	6:05	0.2	6:22	0.1	6:03	5:39	
10	Fri	12:34	9.5	12:52	9.3	6:41	0.1	6:55	0.2	6:02	5:40	
11	Sat	1:06	9.6	1:29	9.0	7:19	0.0	7:32	0.5	6:00	5:42	
12	Sun	1:41	9.6	3:11	8.8	9:01	0.1	9:13	0.7	6:58	6:43	
13	Mon	3:23	9.6	4:00	8.4	9:49	0.2	10:01	1.0	6:56	6:44	
14	Tue	4:13	9.5	4:57	8.1	10:43	0.3	10:55	1.2	6:54	6:45	
15	Wed	5:11	9.4	6:02	7.9	11:45	0.5	11:58	1.4	6:53	6:46	
16	Thu	6:17	9.4	7:13	8.0			12:53	0.5	6:51	6:48	
17	Fri	7:29	9.6	8:24	8.4	1:07	1.3	2:05	0.2	6:49	6:49	
18	Sat	8:40	9.9	9:27	9.0	2:19	0.9	3:10	-0.3	6:47	6:50	
19	Sun	9:43	10.4	10:22	9.6	3:25	0.3	4:07	-0.8	6:46	6:51	
20	Mon	10:40	10.8	11:13	10.2	4:23	-0.4	4:59	-1.2	6:44	6:53	
21	Tue	11:33	11.0			5:17	-0.9	5:47	-1.3	6:42	6:54	
22	Wed	12:01	10.7	12:24	10.9	6:09	-1.3	6:33	-1.2	6:40	6:55	
23	Thu	12:47	10.9	1:13	10.7	6:58	-1.4	7:18	-0.9	6:38	6:56	
24	Fri	1:31	10.9	2:01	10.2	7:46	-1.3	8:02	-0.4	6:36	6:57	
25	Sat	2:15	10.6	2:50	9.6	8:34	-0.9	8:47	0.3	6:35	6:59	
26	Sun	3:01	10.1	3:41	8.9	9:24	-0.4	9:35	0.9	6:33	7:00	
27	Mon	3:50	9.6	4:36	8.3	10:18	0.2	10:28	1.5	6:31	7:01	
28	Tue	4:44	9.1	5:35	7.9	11:15	0.8	11:25	2.0	6:29	7:02	
29	Wed	5:43	8.6	6:36	7.6			12:17	1.2	6:27	7:03	
30	Thu	6:46	8.4	7:39	7.6	12:28	2.3	1:22	1.4	6:26	7:05	
31	Fri	7:50	8.4	8:37	7.8	1:34	2.3	2:24	1.3	6:24	7:06	