

































Fore River, Portland, ME - May 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	8:53	8.5	9:23	8.8	2:44	1.8	3:07	1.2	5:33	7:43	
2	Tue	9:40	8.7	10:02	9.2	3:31	1.3	3:46	1.0	5:31	7:44	
3	Wed	10:23	8.9	10:38	9.7	4:13	0.8	4:23	0.8	5:30	7:45	
4	Thu	11:05	9.1	11:13	10.0	4:52	0.3	5:00	0.7	5:29	7:46	
5	Fri	11:46	9.2	11:50	10.3	5:32	-0.2	5:38	0.6	5:27	7:47	
6	Sat			12:27	9.3	6:12	-0.5	6:18	0.6	5:26	7:48	
7	Sun	12:29	10.5	1:10	9.2	6:54	-0.7	7:00	0.6	5:25	7:50	
8	Mon	1:11	10.6	1:55	9.2	7:39	-0.7	7:46	0.7	5:24	7:51	
9	Tue	1:57	10.6	2:44	9.0	8:28	-0.6	8:36	0.8	5:22	7:52	
10	Wed	2:48	10.4	3:40	8.8	9:21	-0.4	9:32	1.0	5:21	7:53	
11	Thu	3:46	10.2	4:42	8.8	10:19	-0.2	10:34	1.2	5:20	7:54	
12	Fri	4:50	9.9	5:46	8.8	11:21	0.0	11:41	1.2	5:19	7:55	
13	Sat	5:58	9.7	6:50	9.1			12:25	0.1	5:18	7:56	
14	Sun	7:07	9.6	7:52	9.5	12:51	1.0	1:28	0.2	5:17	7:58	
15	Mon	8:14	9.6	8:49	9.9	2:00	0.7	2:28	0.1	5:15	7:59	
16	Tue	9:15	9.6	9:41	10.3	3:03	0.2	3:23	0.1	5:14	8:00	
17	Wed	10:11	9.6	10:28	10.6	3:59	-0.3	4:12	0.1	5:13	8:01	
18	Thu	11:03	9.6	11:14	10.7	4:50	-0.7	4:59	0.3	5:12	8:02	
19	Fri	11:52	9.5	11:57	10.7	5:38	-0.8	5:44	0.5	5:11	8:03	
20	Sat			12:38	9.3	6:24	-0.8	6:28	0.8	5:11	8:04	
21	Sun	12:40	10.5	1:23	9.1	7:07	-0.6	7:10	1.1	5:10	8:05	
22	Mon	1:22	10.2	2:06	8.8	7:50	-0.3	7:52	1.4	5:09	8:06	
23	Tue	2:04	9.9	2:51	8.5	8:33	0.1	8:36	1.7	5:08	8:07	
24	Wed	2:48	9.5	3:37	8.3	9:18	0.5	9:23	1.9	5:07	8:08	
25	Thu	3:35	9.2	4:26	8.1	10:05	0.8	10:13	2.1	5:06	8:09	
26	Fri	4:26	8.8	5:16	8.1	10:54	1.1	11:06	2.2	5:06	8:10	
27	Sat	5:18	8.6	6:06	8.2	11:42	1.3			5:05	8:11	
28	Sun	6:12	8.4	6:55	8.3	12:01	2.2	12:30	1.4	5:04	8:12	
29	Mon	7:07	8.3	7:43	8.6	12:57	2.1	1:19	1.4	5:04	8:13	
30	Tue	8:02	8.3	8:29	9.0	1:53	1.7	2:07	1.4	5:03	8:13	
31	Wed	8:54	8.4	9:11	9.5	2:44	1.3	2:52	1.3	5:02	8:14	