
































Fore River, Portland, ME - Jun 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	9:42	8.6	9:53	9.9	3:32	0.7	3:36	1.1	5:02	8:15	
2	Fri	10:29	8.8	10:34	10.3	4:17	0.2	4:20	0.9	5:01	8:16	
3	Sat	11:15	9.0	11:18	10.7	5:01	-0.3	5:04	0.7	5:01	8:17	
4	Sun			12:03	9.1	5:47	-0.7	5:51	0.6	5:01	8:17	
5	Mon	12:05	10.9	12:51	9.2	6:35	-0.9	6:40	0.5	5:00	8:18	
6	Tue	12:54	11.1	1:41	9.3	7:24	-1.0	7:31	0.5	5:00	8:19	
7	Wed	1:45	11.0	2:34	9.3	8:16	-1.0	8:25	0.6	5:00	8:20	
8	Thu	2:40	10.8	3:31	9.3	9:10	-0.8	9:23	0.7	4:59	8:20	
9	Fri	3:39	10.5	4:30	9.4	10:07	-0.6	10:26	0.8	4:59	8:21	
10	Sat	4:41	10.2	5:30	9.5	11:06	-0.3	11:32	0.8	4:59	8:21	
11	Sun	5:46	9.8	6:30	9.7			12:04	-0.1	4:59	8:22	
12	Mon	6:51	9.4	7:28	9.9	12:38	0.7	1:04	0.2	4:59	8:22	
13	Tue	7:56	9.2	8:25	10.1	1:45	0.5	2:02	0.5	4:59	8:23	
14	Wed	8:58	9.1	9:18	10.3	2:48	0.2	2:58	0.7	4:58	8:23	
15	Thu	9:55	9.0	10:07	10.4	3:44	-0.1	3:50	0.8	4:58	8:24	
16	Fri	10:47	8.9	10:53	10.4	4:35	-0.3	4:38	1.0	4:58	8:24	
17	Sat	11:36	8.9	11:38	10.3	5:23	-0.3	5:24	1.1	4:59	8:25	
18	Sun			12:22	8.8	6:08	-0.3	6:07	1.3	4:59	8:25	
19	Mon	12:21	10.1	1:05	8.7	6:51	-0.1	6:49	1.4	4:59	8:25	
20	Tue	1:02	10.0	1:46	8.6	7:31	0.1	7:30	1.5	4:59	8:26	
21	Wed	1:42	9.8	2:26	8.5	8:11	0.3	8:11	1.7	4:59	8:26	
22	Thu	2:23	9.6	3:07	8.4	8:50	0.5	8:54	1.8	4:59	8:26	
23	Fri	3:05	9.3	3:50	8.4	9:30	0.7	9:39	1.9	5:00	8:26	
24	Sat	3:49	9.0	4:33	8.4	10:12	0.9	10:27	1.9	5:00	8:26	
25	Sun	4:36	8.7	5:17	8.5	10:54	1.0	11:16	1.9	5:00	8:26	
26	Mon	5:25	8.5	6:01	8.7	11:37	1.2			5:01	8:26	
27	Tue	6:16	8.3	6:46	8.9	12:07	1.8	12:22	1.3	5:01	8:26	
28	Wed	7:10	8.1	7:33	9.2	1:01	1.5	1:10	1.4	5:02	8:26	
29	Thu	8:07	8.2	8:22	9.6	1:56	1.2	2:02	1.4	5:02	8:26	
30	Fri	9:02	8.3	9:12	10.1	2:51	0.7	2:54	1.2	5:02	8:26	