

































Fore River, Portland, ME - Aug 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	11:20	9.3	11:30	11.4	5:06	-0.9	5:12	0.0	5:30	8:04	
2	Wed			12:14	9.8	5:59	-1.3	6:07	-0.3	5:31	8:03	
3	Thu	12:25	11.6	1:06	10.1	6:51	-1.5	7:03	-0.5	5:32	8:02	
4	Fri	1:19	11.5	1:57	10.4	7:41	-1.5	7:58	-0.6	5:33	8:01	
5	Sat	2:13	11.2	2:49	10.5	8:31	-1.3	8:54	-0.5	5:34	7:59	
6	Sun	3:09	10.7	3:43	10.5	9:23	-0.8	9:53	-0.3	5:35	7:58	
7	Mon	4:07	10.1	4:38	10.3	10:16	-0.3	10:54	0.0	5:36	7:57	
8	Tue	5:08	9.4	5:34	10.1	11:12	0.4	11:57	0.3	5:37	7:55	
9	Wed	6:11	8.8	6:32	9.8			12:09	1.0	5:39	7:54	
10	Thu	7:15	8.4	7:33	9.6	1:02	0.5	1:11	1.4	5:40	7:52	
11	Fri	8:20	8.2	8:33	9.5	2:07	0.6	2:14	1.6	5:41	7:51	
12	Sat	9:19	8.2	9:28	9.5	3:08	0.6	3:12	1.7	5:42	7:50	
13	Sun	10:11	8.3	10:18	9.6	4:01	0.6	4:03	1.6	5:43	7:48	
14	Mon	10:57	8.4	11:02	9.7	4:48	0.5	4:48	1.4	5:44	7:47	
15	Tue	11:39	8.5	11:43	9.8	5:30	0.4	5:30	1.3	5:45	7:45	
16	Wed			12:18	8.7	6:08	0.3	6:08	1.2	5:46	7:44	
17	Thu	12:21	9.8	12:53	8.8	6:42	0.3	6:44	1.1	5:48	7:42	
18	Fri	12:57	9.7	1:26	8.9	7:13	0.3	7:20	1.0	5:49	7:40	
19	Sat	1:31	9.5	1:58	9.0	7:44	0.4	7:55	1.0	5:50	7:39	
20	Sun	2:06	9.3	2:30	9.1	8:16	0.6	8:33	1.0	5:51	7:37	
21	Mon	2:42	9.1	3:04	9.2	8:50	0.8	9:13	1.0	5:52	7:36	
22	Tue	3:22	8.8	3:42	9.2	9:28	1.0	9:58	1.0	5:53	7:34	
23	Wed	4:07	8.5	4:25	9.3	10:10	1.2	10:47	1.0	5:54	7:32	
24	Thu	4:57	8.2	5:15	9.3	10:58	1.4	11:42	1.0	5:55	7:31	
25	Fri	5:54	8.0	6:10	9.4	11:52	1.5			5:56	7:29	
26	Sat	6:56	8.0	7:13	9.7	12:43	0.9	12:52	1.5	5:58	7:27	
27	Sun	8:03	8.2	8:19	10.1	1:49	0.6	1:57	1.2	5:59	7:26	
28	Mon	9:07	8.6	9:21	10.6	2:53	0.2	3:01	0.8	6:00	7:24	
29	Tue	10:06	9.2	10:20	11.0	3:52	-0.4	4:01	0.2	6:01	7:22	
30	Wed	11:00	9.8	11:16	11.4	4:46	-0.9	4:57	-0.4	6:02	7:21	
31	Thu	11:52	10.3			5:38	-1.3	5:52	-0.8	6:03	7:19	