

































## Fore River, Portland, ME - Jan 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	2:27	8.3	2:31	8.8	8:20	1.6	8:51	0.8	7:14	4:14	
2	Tue	3:11	8.3	3:18	8.4	9:08	1.7	9:33	1.1	7:14	4:15	
3	Wed	3:55	8.3	4:08	8.1	9:58	1.8	10:17	1.4	7:14	4:16	
4	Thu	4:41	8.3	5:01	7.8	10:51	1.7	11:04	1.6	7:14	4:17	
5	Fri	5:28	8.5	5:58	7.6	11:46	1.6	11:54	1.7	7:14	4:18	
6	Sat	6:18	8.6	6:57	7.6			12:44	1.3	7:14	4:19	
7	Sun	7:09	8.9	7:54	7.8	12:47	1.7	1:40	0.9	7:14	4:20	
8	Mon	8:00	9.4	8:46	8.0	1:41	1.6	2:32	0.4	7:14	4:21	
9	Tue	8:49	9.8	9:35	8.4	2:32	1.2	3:21	-0.1	7:13	4:22	
10	Wed	9:38	10.3	10:23	8.8	3:21	0.8	4:09	-0.6	7:13	4:23	
11	Thu	10:27	10.8	11:11	9.1	4:10	0.4	4:56	-1.1	7:13	4:24	
12	Fri	11:17	11.1	11:59	9.5	5:00	0.0	5:44	-1.4	7:12	4:25	
13	Sat			12:07	11.2	5:51	-0.3	6:32	-1.5	7:12	4:27	
14	Sun	12:47	9.7	12:58	11.1	6:43	-0.4	7:20	-1.5	7:12	4:28	
15	Mon	1:37	9.9	1:51	10.7	7:36	-0.5	8:10	-1.2	7:11	4:29	
16	Tue	2:29	10.0	2:47	10.2	8:33	-0.3	9:03	-0.8	7:11	4:30	
17	Wed	3:24	10.0	3:48	9.6	9:34	-0.2	9:58	-0.2	7:10	4:31	
18	Thu	4:21	9.9	4:52	9.0	10:38	0.0	10:56	0.3	7:09	4:33	
19	Fri	5:20	9.8	5:59	8.6	11:44	0.1	11:57	0.8	7:09	4:34	
20	Sat	6:22	9.7	7:07	8.3			12:53	0.2	7:08	4:35	
21	Sun	7:24	9.6	8:11	8.3	1:02	1.1	1:58	0.1	7:07	4:36	
22	Mon	8:22	9.7	9:08	8.3	2:04	1.2	2:55	-0.1	7:07	4:38	
23	Tue	9:15	9.8	9:59	8.4	2:59	1.1	3:46	-0.2	7:06	4:39	
24	Wed	10:04	9.8	10:44	8.5	3:49	1.0	4:33	-0.2	7:05	4:40	
25	Thu	10:48	9.8	11:26	8.6	4:34	0.9	5:15	-0.2	7:04	4:42	
26	Fri	11:29	9.8			5:15	0.9	5:52	-0.2	7:03	4:43	
27	Sat	12:04	8.6	12:07	9.7	5:54	0.8	6:27	0.0	7:02	4:44	
28	Sun	12:39	8.7	12:43	9.5	6:31	0.9	7:00	0.1	7:01	4:46	
29	Mon	1:13	8.7	1:19	9.2	7:08	0.9	7:33	0.4	7:00	4:47	
30	Tue	1:48	8.7	1:57	8.8	7:47	1.0	8:08	0.6	6:59	4:48	
31	Wed	2:24	8.7	2:37	8.4	8:28	1.1	8:45	1.0	6:58	4:50	