

































## Fore River, Portland, ME - Jul 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	7:40	9.0	8:04	10.4	1:28	0.2	1:40	0.6	5:03	8:26	
2	Tue	8:45	8.9	9:01	10.5	2:33	0.0	2:40	0.8	5:04	8:26	
3	Wed	9:46	8.9	9:56	10.6	3:33	-0.3	3:37	0.8	5:05	8:26	
4	Thu	10:42	8.9	10:48	10.6	4:28	-0.4	4:31	0.9	5:05	8:25	
5	Fri	11:34	8.9	11:39	10.6	5:20	-0.5	5:22	0.9	5:06	8:25	
6	Sat			12:24	8.9	6:10	-0.5	6:11	1.0	5:07	8:25	
7	Sun	12:26	10.4	1:10	8.9	6:56	-0.4	6:57	1.0	5:07	8:24	
8	Mon	1:12	10.2	1:53	8.8	7:39	-0.2	7:42	1.2	5:08	8:24	
9	Tue	1:55	10.0	2:35	8.8	8:20	0.1	8:26	1.3	5:09	8:23	
10	Wed	2:37	9.6	3:17	8.8	9:00	0.4	9:11	1.5	5:10	8:23	
11	Thu	3:21	9.2	3:59	8.7	9:40	0.7	9:58	1.6	5:10	8:22	
12	Fri	4:07	8.8	4:42	8.7	10:21	1.0	10:46	1.7	5:11	8:22	
13	Sat	4:55	8.4	5:26	8.8	11:03	1.3	11:36	1.8	5:12	8:21	
14	Sun	5:45	8.0	6:10	8.8	11:46	1.6			5:13	8:20	
15	Mon	6:38	7.8	6:58	8.8	12:29	1.7	12:33	1.9	5:14	8:20	
16	Tue	7:35	7.6	7:49	9.0	1:24	1.6	1:25	2.0	5:15	8:19	
17	Wed	8:33	7.7	8:40	9.3	2:21	1.4	2:18	2.0	5:16	8:18	
18	Thu	9:26	7.8	9:30	9.6	3:14	1.0	3:10	1.8	5:16	8:18	
19	Fri	10:16	8.1	10:19	10.0	4:03	0.6	4:00	1.5	5:17	8:17	
20	Sat	11:05	8.4	11:07	10.4	4:51	0.1	4:49	1.1	5:18	8:16	
21	Sun	11:52	8.8	11:56	10.8	5:38	-0.3	5:38	0.7	5:19	8:15	
22	Mon			12:39	9.2	6:24	-0.7	6:28	0.3	5:20	8:14	
23	Tue	12:45	11.0	1:26	9.6	7:10	-1.0	7:19	0.0	5:21	8:13	
24	Wed	1:34	11.0	2:13	10.0	7:56	-1.1	8:11	-0.1	5:22	8:12	
25	Thu	2:25	10.9	3:02	10.2	8:44	-1.0	9:05	-0.2	5:23	8:11	
26	Fri	3:18	10.5	3:54	10.3	9:34	-0.7	10:03	-0.1	5:24	8:10	
27	Sat	4:16	10.0	4:48	10.4	10:26	-0.3	11:03	0.0	5:25	8:09	
28	Sun	5:17	9.5	5:44	10.3	11:21	0.2			5:26	8:08	
29	Mon	6:20	9.0	6:43	10.2	12:06	0.1	12:19	0.6	5:27	8:07	
30	Tue	7:27	8.6	7:46	10.1	1:13	0.2	1:22	1.0	5:29	8:06	
31	Wed	8:34	8.5	8:48	10.0	2:20	0.2	2:26	1.2	5:30	8:05	