

































Fore River, Portland, ME - Jan 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	11:44	10.3			5:29	0.7	6:10	-0.6	7:14	4:15	
2	Thu	12:24	8.8	12:26	10.4	6:12	0.5	6:51	-0.7	7:14	4:16	
3	Fri	1:06	9.1	1:11	10.3	6:58	0.4	7:34	-0.7	7:14	4:17	
4	Sat	1:50	9.3	1:59	10.1	7:47	0.3	8:20	-0.6	7:14	4:18	
5	Sun	2:38	9.4	2:52	9.8	8:41	0.3	9:10	-0.4	7:14	4:19	
6	Mon	3:29	9.6	3:50	9.4	9:39	0.2	10:02	-0.1	7:14	4:20	
7	Tue	4:24	9.7	4:52	9.0	10:40	0.2	10:58	0.3	7:14	4:21	
8	Wed	5:21	9.8	5:59	8.7	11:45	0.1	11:59	0.6	7:13	4:22	
9	Thu	6:22	9.9	7:08	8.5			12:53	0.0	7:13	4:23	
10	Fri	7:25	10.1	8:13	8.6	1:03	0.7	1:59	-0.3	7:13	4:24	
11	Sat	8:25	10.3	9:13	8.7	2:06	0.7	2:59	-0.6	7:12	4:25	
12	Sun	9:22	10.5	10:08	8.9	3:04	0.6	3:54	-0.8	7:12	4:26	
13	Mon	10:15	10.5	10:59	9.0	3:58	0.5	4:45	-0.9	7:12	4:27	
14	Tue	11:05	10.5	11:46	9.1	4:49	0.4	5:33	-0.8	7:11	4:29	
15	Wed	11:52	10.4			5:37	0.4	6:17	-0.7	7:11	4:30	
16	Thu	12:30	9.1	12:36	10.1	6:23	0.5	6:58	-0.4	7:10	4:31	
17	Fri	1:12	9.0	1:19	9.7	7:07	0.6	7:39	-0.1	7:10	4:32	
18	Sat	1:54	8.9	2:03	9.2	7:52	0.8	8:19	0.4	7:09	4:34	
19	Sun	2:35	8.8	2:49	8.7	8:39	1.1	9:00	0.8	7:08	4:35	
20	Mon	3:19	8.7	3:38	8.2	9:28	1.3	9:43	1.2	7:08	4:36	
21	Tue	4:04	8.5	4:30	7.7	10:19	1.5	10:29	1.6	7:07	4:37	
22	Wed	4:51	8.4	5:27	7.4	11:14	1.6	11:19	2.0	7:06	4:39	
23	Thu	5:43	8.4	6:27	7.3			12:13	1.6	7:05	4:40	
24	Fri	6:38	8.5	7:28	7.3	12:14	2.1	1:14	1.4	7:04	4:41	
25	Sat	7:34	8.7	8:22	7.5	1:12	2.1	2:09	1.0	7:04	4:43	
26	Sun	8:25	9.1	9:10	7.8	2:06	1.8	2:57	0.6	7:03	4:44	
27	Mon	9:12	9.5	9:55	8.2	2:54	1.4	3:41	0.1	7:02	4:45	
28	Tue	9:57	10.0	10:37	8.6	3:39	1.0	4:23	-0.3	7:01	4:47	
29	Wed	10:40	10.4	11:18	9.1	4:24	0.5	5:04	-0.8	7:00	4:48	
30	Thu	11:24	10.7	11:59	9.5	5:08	0.1	5:45	-1.1	6:59	4:49	
31	Fri			12:08	10.8	5:54	-0.3	6:27	-1.2	6:58	4:51	