
































Fore River, Portland, ME - Jun 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	3:43	10.1	4:33	9.0	10:12	-0.1	10:28	1.3	5:02	8:15	
2	Mon	4:43	9.5	5:30	8.9	11:08	0.4	11:30	1.5	5:01	8:16	
3	Tue	5:42	9.1	6:25	8.9			12:03	0.8	5:01	8:17	
4	Wed	6:42	8.6	7:18	8.9	12:33	1.6	12:57	1.1	5:00	8:18	
5	Thu	7:41	8.4	8:09	9.1	1:34	1.5	1:49	1.4	5:00	8:19	
6	Fri	8:37	8.2	8:56	9.2	2:31	1.3	2:39	1.6	5:00	8:19	
7	Sat	9:29	8.2	9:39	9.4	3:22	1.1	3:24	1.7	4:59	8:20	
8	Sun	10:16	8.2	10:20	9.5	4:08	0.8	4:06	1.7	4:59	8:20	
9	Mon	11:00	8.3	10:59	9.6	4:49	0.6	4:45	1.7	4:59	8:21	
10	Tue	11:42	8.3	11:37	9.7	5:29	0.5	5:24	1.7	4:59	8:22	
11	Wed			12:22	8.3	6:07	0.4	6:02	1.7	4:59	8:22	
12	Thu	12:16	9.8	1:01	8.3	6:44	0.3	6:40	1.6	4:59	8:23	
13	Fri	12:53	9.8	1:39	8.4	7:22	0.2	7:19	1.6	4:58	8:23	
14	Sat	1:32	9.9	2:17	8.4	8:00	0.2	8:01	1.5	4:58	8:24	
15	Sun	2:13	9.9	2:58	8.6	8:41	0.1	8:46	1.4	4:58	8:24	
16	Mon	2:57	9.8	3:43	8.8	9:24	0.1	9:36	1.3	4:59	8:24	
17	Tue	3:46	9.7	4:30	9.1	10:10	0.1	10:30	1.1	4:59	8:25	
18	Wed	4:39	9.5	5:20	9.4	10:59	0.1	11:27	0.9	4:59	8:25	
19	Thu	5:36	9.3	6:12	9.8	11:50	0.2			4:59	8:25	
20	Fri	6:36	9.2	7:07	10.2	12:27	0.6	12:44	0.3	4:59	8:26	
21	Sat	7:40	9.1	8:04	10.5	1:29	0.2	1:42	0.4	4:59	8:26	
22	Sun	8:44	9.1	9:01	10.9	2:32	-0.2	2:41	0.4	5:00	8:26	
23	Mon	9:46	9.2	9:57	11.1	3:33	-0.7	3:39	0.3	5:00	8:26	
24	Tue	10:44	9.4	10:53	11.3	4:30	-1.0	4:35	0.3	5:00	8:26	
25	Wed	11:41	9.4	11:48	11.3	5:26	-1.2	5:30	0.3	5:00	8:26	
26	Thu			12:36	9.5	6:20	-1.2	6:25	0.3	5:01	8:26	
27	Fri	12:42	11.2	1:28	9.5	7:12	-1.1	7:18	0.4	5:01	8:26	
28	Sat	1:35	10.9	2:19	9.4	8:03	-0.8	8:11	0.6	5:02	8:26	
29	Sun	2:26	10.5	3:10	9.3	8:52	-0.4	9:05	0.9	5:02	8:26	
30	Mon	3:18	10.0	4:01	9.2	9:41	0.0	10:00	1.2	5:03	8:26	