
































## Fore River, Portland, ME - Jul 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	4:11	9.4	4:51	9.1	10:30	0.5	10:56	1.4	5:03	8:26	
2	Wed	5:05	8.8	5:40	9.0	11:18	0.9	11:52	1.5	5:04	8:26	
3	Thu	6:00	8.4	6:29	9.0			12:06	1.4	5:04	8:26	
4	Fri	6:56	8.0	7:19	8.9	12:49	1.6	12:55	1.7	5:05	8:25	
5	Sat	7:54	7.8	8:09	9.0	1:47	1.5	1:47	2.0	5:06	8:25	
6	Sun	8:50	7.7	8:58	9.1	2:42	1.4	2:39	2.1	5:06	8:25	
7	Mon	9:41	7.8	9:44	9.3	3:33	1.1	3:27	2.0	5:07	8:24	
8	Tue	10:29	7.9	10:28	9.5	4:18	0.9	4:12	1.9	5:08	8:24	
9	Wed	11:13	8.1	11:10	9.7	5:01	0.6	4:54	1.7	5:09	8:23	
10	Thu	11:55	8.3	11:51	9.9	5:41	0.4	5:35	1.5	5:09	8:23	
11	Fri			12:35	8.5	6:20	0.2	6:16	1.3	5:10	8:22	
12	Sat	12:32	10.1	1:14	8.7	6:58	-0.1	6:58	1.1	5:11	8:22	
13	Sun	1:12	10.2	1:52	9.0	7:36	-0.2	7:41	0.9	5:12	8:21	
14	Mon	1:54	10.3	2:33	9.3	8:16	-0.3	8:27	0.7	5:13	8:21	
15	Tue	2:38	10.2	3:15	9.6	8:58	-0.4	9:17	0.5	5:13	8:20	
16	Wed	3:26	9.9	4:02	9.8	9:43	-0.2	10:10	0.4	5:14	8:19	
17	Thu	4:19	9.6	4:52	10.0	10:32	0.0	11:07	0.3	5:15	8:19	
18	Fri	5:17	9.3	5:45	10.2	11:23	0.2			5:16	8:18	
19	Sat	6:18	9.0	6:42	10.3	12:07	0.2	12:19	0.5	5:17	8:17	
20	Sun	7:24	8.7	7:44	10.4	1:11	0.1	1:20	0.8	5:18	8:16	
21	Mon	8:31	8.7	8:47	10.5	2:18	0.0	2:24	0.8	5:19	8:15	
22	Tue	9:35	8.8	9:47	10.7	3:22	-0.3	3:26	0.8	5:20	8:14	
23	Wed	10:34	9.0	10:44	10.8	4:21	-0.5	4:25	0.6	5:21	8:13	
24	Thu	11:30	9.1	11:39	10.9	5:16	-0.7	5:20	0.5	5:22	8:12	
25	Fri			12:22	9.3	6:08	-0.8	6:12	0.4	5:23	8:11	
26	Sat	12:30	10.8	1:10	9.4	6:56	-0.7	7:02	0.4	5:24	8:10	
27	Sun	1:18	10.6	1:55	9.4	7:40	-0.5	7:50	0.5	5:25	8:09	
28	Mon	2:04	10.2	2:38	9.4	8:23	-0.2	8:38	0.7	5:26	8:08	
29	Tue	2:49	9.7	3:21	9.3	9:05	0.3	9:26	1.0	5:27	8:07	
30	Wed	3:36	9.1	4:05	9.2	9:47	0.7	10:15	1.2	5:28	8:06	
31	Thu	4:25	8.6	4:50	9.0	10:30	1.2	11:06	1.4	5:29	8:05	