

































Fore River, Portland, ME - Aug 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	5:17	8.1	5:37	8.9	11:15	1.6			5:30	8:04	
2	Sat	6:11	7.7	6:27	8.7	12:00	1.6	12:03	2.0	5:31	8:02	
3	Sun	7:09	7.5	7:21	8.7	12:57	1.7	12:57	2.2	5:33	8:01	
4	Mon	8:09	7.4	8:17	8.8	1:57	1.6	1:54	2.3	5:34	8:00	
5	Tue	9:05	7.6	9:09	9.1	2:54	1.4	2:49	2.2	5:35	7:59	
6	Wed	9:55	7.8	9:57	9.4	3:44	1.1	3:38	1.9	5:36	7:57	
7	Thu	10:40	8.1	10:42	9.8	4:28	0.7	4:24	1.5	5:37	7:56	
8	Fri	11:22	8.5	11:25	10.2	5:10	0.3	5:07	1.1	5:38	7:54	
9	Sat			12:03	8.9	5:49	-0.1	5:51	0.7	5:39	7:53	
10	Sun	12:07	10.4	12:42	9.3	6:28	-0.4	6:35	0.3	5:40	7:52	
11	Mon	12:50	10.6	1:22	9.7	7:07	-0.6	7:20	0.0	5:41	7:50	
12	Tue	1:33	10.6	2:03	10.1	7:48	-0.7	8:07	-0.2	5:43	7:49	
13	Wed	2:19	10.4	2:46	10.3	8:31	-0.6	8:57	-0.3	5:44	7:47	
14	Thu	3:08	10.0	3:34	10.4	9:17	-0.3	9:51	-0.2	5:45	7:46	
15	Fri	4:03	9.6	4:26	10.4	10:07	0.1	10:49	-0.1	5:46	7:44	
16	Sat	5:02	9.1	5:23	10.2	11:02	0.5	11:51	0.1	5:47	7:43	
17	Sun	6:06	8.7	6:26	10.1			12:02	0.9	5:48	7:41	
18	Mon	7:15	8.5	7:33	10.0	12:59	0.3	1:08	1.1	5:49	7:40	
19	Tue	8:25	8.4	8:40	10.1	2:09	0.2	2:17	1.2	5:50	7:38	
20	Wed	9:29	8.6	9:42	10.3	3:15	0.1	3:21	1.0	5:51	7:36	
21	Thu	10:25	8.9	10:37	10.4	4:13	-0.2	4:19	0.7	5:53	7:35	
22	Fri	11:16	9.2	11:28	10.5	5:04	-0.3	5:11	0.5	5:54	7:33	
23	Sat			12:03	9.4	5:51	-0.4	5:59	0.4	5:55	7:32	
24	Sun	12:14	10.4	12:45	9.5	6:33	-0.3	6:44	0.3	5:56	7:30	
25	Mon	12:58	10.1	1:24	9.6	7:12	-0.1	7:27	0.4	5:57	7:28	
26	Tue	1:39	9.8	2:02	9.5	7:49	0.2	8:08	0.5	5:58	7:27	
27	Wed	2:20	9.3	2:39	9.4	8:25	0.6	8:50	0.7	5:59	7:25	
28	Thu	3:01	8.9	3:17	9.2	9:03	1.1	9:34	1.0	6:00	7:23	
29	Fri	3:46	8.4	4:00	9.0	9:43	1.5	10:21	1.3	6:02	7:21	
30	Sat	4:35	8.0	4:46	8.7	10:28	1.9	11:12	1.6	6:03	7:20	
31	Sun	5:28	7.6	5:38	8.6	11:17	2.2			6:04	7:18	