
































Fore River, Portland, ME - Sep 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	6:25	7.4	6:35	8.5	12:08	1.7	12:11	2.4	6:05	7:16	
2	Tue	7:26	7.4	7:35	8.7	1:09	1.8	1:10	2.4	6:06	7:14	
3	Wed	8:26	7.5	8:32	9.0	2:10	1.5	2:10	2.2	6:07	7:13	
4	Thu	9:17	7.9	9:24	9.5	3:04	1.1	3:05	1.7	6:08	7:11	
5	Fri	10:03	8.4	10:10	9.9	3:51	0.6	3:53	1.2	6:09	7:09	
6	Sat	10:45	9.0	10:55	10.3	4:33	0.1	4:39	0.5	6:10	7:07	
7	Sun	11:26	9.6	11:40	10.6	5:13	-0.3	5:25	0.0	6:12	7:05	
8	Mon			12:07	10.2	5:54	-0.7	6:11	-0.5	6:13	7:04	
9	Tue	12:25	10.7	12:49	10.6	6:36	-0.8	6:58	-0.9	6:14	7:02	
10	Wed	1:11	10.7	1:32	10.9	7:19	-0.8	7:46	-1.0	6:15	7:00	
11	Thu	2:00	10.4	2:18	11.0	8:04	-0.6	8:37	-1.0	6:16	6:58	
12	Fri	2:51	10.0	3:08	10.8	8:53	-0.2	9:32	-0.7	6:17	6:56	
13	Sat	3:48	9.5	4:05	10.5	9:47	0.3	10:33	-0.3	6:18	6:55	
14	Sun	4:51	9.0	5:08	10.1	10:46	0.8	11:39	0.1	6:19	6:53	
15	Mon	5:58	8.6	6:16	9.8	11:52	1.2			6:21	6:51	
16	Tue	7:09	8.4	7:27	9.7	12:49	0.4	1:02	1.4	6:22	6:49	
17	Wed	8:17	8.5	8:34	9.8	2:01	0.4	2:13	1.3	6:23	6:47	
18	Thu	9:18	8.8	9:34	9.9	3:04	0.3	3:16	1.0	6:24	6:45	
19	Fri	10:10	9.1	10:26	10.0	3:58	0.1	4:11	0.7	6:25	6:44	
20	Sat	10:57	9.4	11:13	10.0	4:45	0.0	4:59	0.4	6:26	6:42	
21	Sun	11:38	9.6	11:56	9.9	5:27	0.0	5:43	0.2	6:27	6:40	
22	Mon			12:16	9.7	6:05	0.2	6:24	0.2	6:28	6:38	
23	Tue	12:36	9.6	12:51	9.7	6:40	0.4	7:02	0.2	6:30	6:36	
24	Wed	1:14	9.3	1:25	9.6	7:14	0.7	7:39	0.4	6:31	6:34	
25	Thu	1:52	9.0	1:59	9.5	7:48	1.1	8:17	0.6	6:32	6:33	
26	Fri	2:30	8.6	2:35	9.2	8:24	1.5	8:57	0.9	6:33	6:31	
27	Sat	3:12	8.2	3:15	9.0	9:03	1.8	9:41	1.2	6:34	6:29	
28	Sun	3:58	7.9	4:02	8.7	9:47	2.1	10:31	1.5	6:35	6:27	
29	Mon	4:50	7.6	4:55	8.6	10:37	2.3	11:26	1.7	6:36	6:25	
30	Tue	5:47	7.4	5:53	8.5	11:32	2.4			6:38	6:23	