

































Fore River, Portland, ME - Mar 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	9:13	10.2	9:51	9.3	2:54	0.4	3:37	-0.6	6:17	5:29	
2	Mon	10:06	10.4	10:38	9.6	3:49	0.0	4:25	-0.8	6:15	5:31	
3	Tue	10:54	10.4	11:22	9.9	4:39	-0.3	5:09	-0.8	6:13	5:32	
4	Wed	11:39	10.3			5:26	-0.5	5:50	-0.6	6:12	5:33	
5	Thu	12:02	10.0	12:22	10.0	6:09	-0.5	6:28	-0.3	6:10	5:34	
6	Fri	12:40	9.9	1:03	9.5	6:51	-0.4	7:05	0.1	6:08	5:36	
7	Sat	1:17	9.8	1:45	9.0	7:32	-0.1	7:43	0.7	6:06	5:37	
8	Sun	1:56	9.4	3:29	8.5	9:15	0.3	9:24	1.2	7:05	6:38	
9	Mon	3:37	9.1	4:17	8.0	10:01	0.7	10:08	1.7	7:03	6:39	
10	Tue	4:24	8.7	5:09	7.6	10:52	1.2	10:58	2.1	7:01	6:41	
11	Wed	5:17	8.4	6:07	7.3	11:48	1.5	11:54	2.3	6:59	6:42	
12	Thu	6:15	8.2	7:10	7.2			12:50	1.6	6:58	6:43	
13	Fri	7:18	8.3	8:11	7.3	12:55	2.4	1:54	1.5	6:56	6:44	
14	Sat	8:19	8.5	9:05	7.7	1:59	2.2	2:50	1.2	6:54	6:46	
15	Sun	9:12	8.9	9:50	8.2	2:55	1.8	3:37	0.8	6:52	6:47	
16	Mon	9:59	9.3	10:30	8.8	3:43	1.2	4:17	0.3	6:50	6:48	
17	Tue	10:42	9.7	11:08	9.4	4:27	0.6	4:55	-0.1	6:49	6:49	
18	Wed	11:23	10.0	11:46	10.0	5:09	0.0	5:33	-0.4	6:47	6:50	
19	Thu			12:05	10.2	5:52	-0.6	6:11	-0.6	6:45	6:52	
20	Fri	12:24	10.4	12:48	10.2	6:35	-1.0	6:51	-0.7	6:43	6:53	
21	Sat	1:04	10.7	1:33	10.1	7:20	-1.2	7:34	-0.6	6:41	6:54	
22	Sun	1:46	10.9	2:20	9.8	8:07	-1.2	8:20	-0.3	6:40	6:55	
23	Mon	2:32	10.8	3:12	9.4	8:57	-1.0	9:10	0.2	6:38	6:57	
24	Tue	3:24	10.4	4:11	8.9	9:54	-0.6	10:07	0.7	6:36	6:58	
25	Wed	4:24	10.0	5:17	8.5	10:57	-0.1	11:10	1.1	6:34	6:59	
26	Thu	5:32	9.7	6:28	8.3			12:06	0.2	6:32	7:00	
27	Fri	6:45	9.4	7:40	8.3	12:21	1.3	1:19	0.4	6:31	7:01	
28	Sat	7:58	9.4	8:47	8.7	1:36	1.3	2:29	0.3	6:29	7:03	
29	Sun	9:04	9.6	9:43	9.1	2:47	0.9	3:28	0.0	6:27	7:04	
30	Mon	10:01	9.8	10:32	9.5	3:47	0.5	4:18	-0.1	6:25	7:05	
31	Tue	10:52	9.9	11:16	9.9	4:38	0.0	5:03	-0.2	6:23	7:06	