



Fore River, Portland, ME - Jul 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	12:32	9.8	1:14	8.4	7:00	0.3	6:56	1.6	5:03	8:26	☉
2	Thu	1:09	9.8	1:50	8.5	7:34	0.3	7:33	1.5	5:04	8:26	☉
3	Fri	1:45	9.7	2:26	8.6	8:09	0.3	8:13	1.5	5:04	8:26	☉
4	Sat	2:23	9.6	3:02	8.8	8:45	0.3	8:54	1.4	5:05	8:25	☾
5	Sun	3:03	9.5	3:41	9.0	9:23	0.3	9:40	1.2	5:06	8:25	☾
6	Mon	3:47	9.3	4:23	9.2	10:04	0.4	10:29	1.1	5:06	8:25	☾
7	Tue	4:36	9.1	5:08	9.5	10:49	0.5	11:22	0.9	5:07	8:24	☾
8	Wed	5:29	8.9	5:57	9.8	11:37	0.6			5:08	8:24	☾
9	Thu	6:27	8.7	6:51	10.1	12:19	0.6	12:30	0.7	5:08	8:24	☾
10	Fri	7:30	8.6	7:50	10.4	1:20	0.3	1:29	0.8	5:09	8:23	☾
11	Sat	8:36	8.7	8:51	10.7	2:24	0.0	2:30	0.7	5:10	8:23	☾
12	Sun	9:39	8.9	9:51	11.1	3:26	-0.5	3:31	0.5	5:11	8:22	☾
13	Mon	10:39	9.2	10:50	11.4	4:25	-0.9	4:30	0.2	5:12	8:21	☾
14	Tue	11:37	9.5	11:47	11.5	5:22	-1.2	5:28	0.0	5:12	8:21	☾
15	Wed			12:32	9.8	6:17	-1.4	6:25	-0.2	5:13	8:20	☾
16	Thu	12:43	11.5	1:26	9.9	7:10	-1.4	7:20	-0.2	5:14	8:19	☾
17	Fri	1:37	11.2	2:17	10.0	8:00	-1.2	8:15	-0.1	5:15	8:19	☾
18	Sat	2:30	10.8	3:08	10.0	8:50	-0.8	9:11	0.2	5:16	8:18	☾
19	Sun	3:24	10.2	4:00	9.9	9:40	-0.3	10:08	0.4	5:17	8:17	☾
20	Mon	4:20	9.5	4:52	9.7	10:31	0.3	11:06	0.7	5:18	8:16	☾
21	Tue	5:17	8.9	5:43	9.5	11:22	0.9			5:19	8:15	☾
22	Wed	6:15	8.4	6:36	9.3	12:05	1.0	12:14	1.4	5:20	8:15	☾
23	Thu	7:15	8.0	7:31	9.1	1:05	1.2	1:09	1.8	5:21	8:14	☾
24	Fri	8:15	7.8	8:26	9.1	2:06	1.2	2:07	2.0	5:22	8:13	☾
25	Sat	9:11	7.8	9:18	9.2	3:03	1.1	3:01	2.0	5:23	8:12	☉
26	Sun	10:02	7.9	10:06	9.4	3:54	1.0	3:50	1.9	5:24	8:11	☉
27	Mon	10:48	8.1	10:49	9.6	4:39	0.8	4:34	1.7	5:25	8:10	☉
28	Tue	11:30	8.3	11:30	9.7	5:19	0.6	5:14	1.5	5:26	8:09	☉
29	Wed			12:09	8.5	5:57	0.4	5:53	1.4	5:27	8:07	☉
30	Thu	12:08	9.8	12:45	8.7	6:31	0.2	6:31	1.2	5:28	8:06	☉
31	Fri	12:45	9.9	1:19	8.9	7:04	0.1	7:09	1.0	5:29	8:05	☉