

































Fore River, Portland, ME - Jul 2029

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	3:23	9.6	4:02	9.2	9:41	0.3	10:04	1.2	5:03	8:26	
2	Mon	4:13	9.1	4:49	9.1	10:27	0.7	10:57	1.4	5:04	8:26	
3	Tue	5:05	8.6	5:36	9.0	11:12	1.1	11:50	1.5	5:04	8:26	
4	Wed	5:58	8.2	6:24	9.0	11:59	1.5			5:05	8:25	
5	Thu	6:53	7.9	7:15	9.0	12:45	1.6	12:49	1.8	5:06	8:25	
6	Fri	7:51	7.8	8:06	9.0	1:43	1.5	1:42	1.9	5:06	8:25	
7	Sat	8:47	7.8	8:56	9.2	2:38	1.4	2:34	2.0	5:07	8:24	
8	Sun	9:38	7.9	9:43	9.5	3:28	1.1	3:23	1.8	5:08	8:24	
9	Mon	10:24	8.1	10:27	9.8	4:14	0.7	4:08	1.6	5:09	8:23	
10	Tue	11:09	8.4	11:10	10.1	4:56	0.4	4:52	1.3	5:09	8:23	
11	Wed	11:51	8.7	11:52	10.3	5:37	0.1	5:35	1.0	5:10	8:22	
12	Thu			12:32	9.0	6:17	-0.3	6:19	0.7	5:11	8:22	
13	Fri	12:34	10.5	1:12	9.3	6:57	-0.5	7:04	0.4	5:12	8:21	
14	Sat	1:17	10.6	1:54	9.7	7:38	-0.7	7:50	0.2	5:13	8:21	
15	Sun	2:02	10.6	2:37	10.0	8:21	-0.7	8:39	0.1	5:14	8:20	
16	Mon	2:50	10.4	3:24	10.2	9:06	-0.7	9:32	0.0	5:14	8:19	
17	Tue	3:43	10.0	4:15	10.3	9:55	-0.4	10:28	0.0	5:15	8:18	
18	Wed	4:39	9.6	5:09	10.4	10:48	-0.1	11:28	0.0	5:16	8:18	
19	Thu	5:40	9.3	6:07	10.4	11:43	0.2			5:17	8:17	
20	Fri	6:45	8.9	7:08	10.4	12:31	0.1	12:43	0.5	5:18	8:16	
21	Sat	7:53	8.8	8:12	10.4	1:38	0.1	1:48	0.7	5:19	8:15	
22	Sun	8:59	8.8	9:14	10.5	2:45	-0.1	2:52	0.7	5:20	8:14	
23	Mon	9:59	9.0	10:12	10.7	3:46	-0.3	3:52	0.6	5:21	8:13	
24	Tue	10:55	9.1	11:05	10.7	4:42	-0.5	4:47	0.5	5:22	8:12	
25	Wed	11:46	9.3	11:55	10.7	5:33	-0.6	5:39	0.4	5:23	8:11	
26	Thu			12:33	9.4	6:20	-0.6	6:27	0.4	5:24	8:10	
27	Fri	12:42	10.5	1:17	9.5	7:03	-0.5	7:13	0.4	5:25	8:09	
28	Sat	1:26	10.2	1:58	9.5	7:44	-0.2	7:57	0.6	5:26	8:08	
29	Sun	2:09	9.9	2:38	9.4	8:23	0.1	8:41	0.8	5:27	8:07	
30	Mon	2:51	9.4	3:19	9.3	9:02	0.5	9:26	1.0	5:28	8:06	
31	Tue	3:36	8.9	4:01	9.1	9:42	0.9	10:13	1.2	5:29	8:05	