

































Fore River, Portland, ME - Jan 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	7:54	10.6	8:39	9.2	1:33	0.2	2:25	-0.8	7:14	4:15	
2	Wed	8:53	11.0	9:37	9.5	2:34	0.0	3:22	-1.2	7:14	4:16	
3	Thu	9:49	11.2	10:32	9.7	3:31	-0.2	4:17	-1.5	7:14	4:16	
4	Fri	10:43	11.3	11:24	9.9	4:26	-0.4	5:09	-1.6	7:14	4:17	
5	Sat	11:35	11.2			5:18	-0.5	5:58	-1.5	7:14	4:18	
6	Sun	12:14	9.9	12:25	10.9	6:09	-0.4	6:46	-1.2	7:14	4:19	
7	Mon	1:01	9.8	1:13	10.4	6:59	-0.2	7:32	-0.8	7:14	4:20	
8	Tue	1:49	9.6	2:02	9.9	7:50	0.1	8:18	-0.3	7:13	4:21	
9	Wed	2:37	9.4	2:53	9.2	8:42	0.5	9:05	0.3	7:13	4:23	
10	Thu	3:26	9.2	3:47	8.6	9:36	0.8	9:54	0.8	7:13	4:24	
11	Fri	4:16	8.9	4:42	8.1	10:32	1.1	10:44	1.3	7:13	4:25	
12	Sat	5:07	8.8	5:40	7.8	11:30	1.3	11:37	1.6	7:12	4:26	
13	Sun	6:01	8.7	6:40	7.6			12:30	1.3	7:12	4:27	
14	Mon	6:56	8.7	7:38	7.7	12:34	1.8	1:29	1.2	7:11	4:28	
15	Tue	7:49	8.9	8:30	7.8	1:30	1.8	2:21	0.9	7:11	4:30	
16	Wed	8:37	9.2	9:16	8.1	2:20	1.6	3:06	0.6	7:10	4:31	
17	Thu	9:21	9.5	9:59	8.4	3:04	1.3	3:47	0.2	7:10	4:32	
18	Fri	10:02	9.8	10:38	8.6	3:45	1.0	4:25	-0.1	7:09	4:33	
19	Sat	10:41	10.0	11:16	8.9	4:25	0.7	5:02	-0.4	7:08	4:35	
20	Sun	11:20	10.2	11:52	9.2	5:05	0.4	5:38	-0.6	7:08	4:36	
21	Mon	11:58	10.3			5:45	0.1	6:15	-0.8	7:07	4:37	
22	Tue	12:29	9.5	12:39	10.3	6:27	-0.1	6:54	-0.8	7:06	4:38	
23	Wed	1:08	9.8	1:21	10.1	7:11	-0.2	7:35	-0.7	7:05	4:40	
24	Thu	1:50	9.9	2:09	9.8	7:59	-0.3	8:21	-0.5	7:05	4:41	
25	Fri	2:37	10.0	3:02	9.4	8:51	-0.2	9:11	-0.2	7:04	4:42	
26	Sat	3:29	10.0	4:01	9.0	9:49	-0.1	10:06	0.1	7:03	4:44	
27	Sun	4:26	9.9	5:05	8.7	10:51	0.0	11:06	0.5	7:02	4:45	
28	Mon	5:29	9.9	6:15	8.5	11:59	0.0			7:01	4:46	
29	Tue	6:37	10.0	7:26	8.6	12:12	0.6	1:10	-0.1	7:00	4:48	
30	Wed	7:44	10.2	8:31	8.8	1:21	0.6	2:16	-0.5	6:59	4:49	
31	Thu	8:46	10.4	9:28	9.2	2:26	0.3	3:14	-0.8	6:58	4:50	