

































Fore River, Portland, ME - Mar 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	8:38	10.0	9:16	9.2	2:20	0.5	3:02	-0.4	6:17	5:29	
2	Sat	9:32	10.2	10:05	9.6	3:16	0.1	3:52	-0.6	6:15	5:31	
3	Sun	10:21	10.3	10:49	9.8	4:07	-0.2	4:37	-0.7	6:13	5:32	
4	Mon	11:07	10.2	11:30	9.9	4:53	-0.4	5:18	-0.6	6:11	5:33	
5	Tue	11:49	10.0			5:36	-0.5	5:56	-0.4	6:10	5:34	
6	Wed	12:08	9.9	12:28	9.7	6:17	-0.4	6:32	0.0	6:08	5:36	
7	Thu	12:44	9.8	1:07	9.3	6:56	-0.2	7:08	0.3	6:06	5:37	
8	Fri	1:20	9.6	1:47	8.9	7:35	0.1	7:45	0.7	6:05	5:38	
9	Sat	1:58	9.3	2:30	8.4	8:16	0.4	8:25	1.2	6:03	5:39	
10	Sun	3:40	9.0	4:16	8.0	10:01	0.8	10:10	1.5	7:01	6:41	
11	Mon	4:26	8.7	5:08	7.7	10:51	1.1	10:59	1.9	6:59	6:42	
12	Tue	5:19	8.5	6:04	7.5	11:45	1.4	11:54	2.0	6:57	6:43	
13	Wed	6:15	8.4	7:04	7.5			12:43	1.5	6:56	6:44	
14	Thu	7:16	8.5	8:03	7.7	12:53	2.0	1:44	1.3	6:54	6:46	
15	Fri	8:15	8.7	8:56	8.2	1:54	1.8	2:39	0.9	6:52	6:47	
16	Sat	9:08	9.2	9:42	8.7	2:50	1.3	3:27	0.5	6:50	6:48	
17	Sun	9:56	9.6	10:25	9.4	3:40	0.6	4:11	0.0	6:49	6:49	
18	Mon	10:42	10.1	11:06	10.0	4:27	-0.1	4:53	-0.5	6:47	6:51	
19	Tue	11:28	10.4	11:48	10.6	5:13	-0.7	5:35	-0.9	6:45	6:52	
20	Wed			12:13	10.6	5:59	-1.2	6:18	-1.1	6:43	6:53	
21	Thu	12:31	11.0	1:00	10.6	6:46	-1.6	7:03	-1.1	6:41	6:54	
22	Fri	1:16	11.2	1:48	10.4	7:34	-1.7	7:50	-0.9	6:40	6:55	
23	Sat	2:03	11.2	2:40	10.0	8:24	-1.5	8:40	-0.5	6:38	6:57	
24	Sun	2:55	10.9	3:36	9.6	9:19	-1.2	9:35	0.0	6:36	6:58	
25	Mon	3:52	10.5	4:39	9.1	10:19	-0.7	10:36	0.4	6:34	6:59	
26	Tue	4:56	10.1	5:46	8.8	11:24	-0.2	11:43	0.8	6:32	7:00	
27	Wed	6:05	9.7	6:56	8.7			12:34	0.1	6:31	7:01	
28	Thu	7:16	9.5	8:04	8.8	12:54	1.0	1:44	0.2	6:29	7:03	
29	Fri	8:24	9.5	9:04	9.1	2:06	0.9	2:48	0.2	6:27	7:04	
30	Sat	9:25	9.6	9:57	9.4	3:10	0.6	3:43	0.0	6:25	7:05	
31	Sun	10:17	9.7	10:43	9.7	4:05	0.2	4:30	0.0	6:23	7:06	