














Fore River, Portland, ME - Jan 2031

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	5:06	9.5	5:36	8.6	11:25	0.6	11:41	0.9	7:14	4:14	
2	Thu	6:04	9.3	6:39	8.3			12:29	0.7	7:14	4:15	
3	Fri	7:01	9.3	7:39	8.2	12:40	1.2	1:30	0.7	7:14	4:16	
4	Sat	7:54	9.3	8:32	8.2	1:37	1.3	2:24	0.5	7:14	4:17	
5	Sun	8:43	9.4	9:20	8.3	2:28	1.3	3:11	0.3	7:14	4:18	
6	Mon	9:27	9.6	10:03	8.5	3:13	1.2	3:54	0.2	7:14	4:19	
7	Tue	10:08	9.7	10:43	8.6	3:54	1.1	4:33	0.0	7:14	4:20	
8	Wed	10:46	9.8	11:21	8.7	4:32	1.0	5:09	-0.1	7:13	4:21	
9	Thu	11:23	9.8	11:56	8.8	5:09	0.9	5:42	-0.1	7:13	4:22	
10	Fri	11:58	9.8			5:44	0.8	6:15	-0.1	7:13	4:23	
11	Sat	12:30	8.9	12:32	9.7	6:20	0.7	6:48	-0.1	7:13	4:25	
12	Sun	1:03	9.0	1:08	9.5	6:58	0.7	7:23	-0.1	7:12	4:26	
13	Mon	1:38	9.1	1:47	9.4	7:38	0.6	8:02	0.0	7:12	4:27	
14	Tue	2:16	9.2	2:30	9.1	8:23	0.6	8:44	0.2	7:11	4:28	
15	Wed	3:00	9.3	3:20	8.9	9:12	0.6	9:31	0.3	7:11	4:29	
16	Thu	3:48	9.4	4:15	8.6	10:06	0.5	10:23	0.5	7:10	4:30	
17	Fri	4:42	9.6	5:16	8.5	11:05	0.4	11:20	0.6	7:10	4:32	
18	Sat	5:41	9.8	6:23	8.5			12:10	0.2	7:09	4:33	
19	Sun	6:45	10.1	7:31	8.7	12:23	0.5	1:16	-0.2	7:09	4:34	
20	Mon	7:49	10.5	8:34	9.2	1:28	0.3	2:19	-0.8	7:08	4:35	
21	Tue	8:50	11.0	9:32	9.6	2:30	-0.1	3:18	-1.3	7:07	4:37	
22	Wed	9:47	11.3	10:27	10.0	3:28	-0.6	4:12	-1.7	7:06	4:38	
23	Thu	10:42	11.5	11:20	10.4	4:24	-0.9	5:04	-1.9	7:06	4:39	
24	Fri	11:35	11.5			5:18	-1.1	5:54	-1.9	7:05	4:41	
25	Sat	12:10	10.5	12:26	11.3	6:11	-1.2	6:43	-1.7	7:04	4:42	
26	Sun	12:59	10.5	1:17	10.8	7:03	-1.0	7:31	-1.2	7:03	4:43	
27	Mon	1:48	10.3	2:09	10.1	7:55	-0.6	8:20	-0.6	7:02	4:45	
28	Tue	2:39	10.0	3:03	9.4	8:50	-0.2	9:10	0.0	7:01	4:46	
29	Wed	3:31	9.6	4:00	8.8	9:47	0.3	10:03	0.7	7:00	4:47	
30	Thu	4:25	9.3	4:59	8.2	10:46	0.7	10:59	1.2	6:59	4:49	
31	Fri	5:21	9.0	6:00	7.9	11:49	1.0	11:58	1.5	6:58	4:50	