
































## Fore River, Portland, ME - Mar 2031

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	4:36	8.7	5:18	7.7	11:03	1.1	11:12	1.8	6:17	5:29	
2	Sun	5:34	8.5	6:19	7.6			12:05	1.3	6:15	5:30	
3	Mon	6:35	8.5	7:19	7.7	12:14	1.9	1:07	1.3	6:14	5:32	
4	Tue	7:33	8.6	8:12	8.0	1:16	1.8	2:02	1.1	6:12	5:33	
5	Wed	8:24	8.9	8:58	8.3	2:10	1.5	2:47	0.7	6:10	5:34	
6	Thu	9:09	9.2	9:39	8.7	2:56	1.1	3:27	0.4	6:08	5:35	
7	Fri	9:51	9.5	10:16	9.1	3:37	0.7	4:03	0.1	6:07	5:37	
8	Sat	10:29	9.7	10:51	9.5	4:15	0.3	4:38	-0.1	6:05	5:38	
9	Sun			12:07	9.8	5:53	-0.1	6:13	-0.3	7:03	6:39	
10	Mon	12:26	9.9	12:45	9.9	6:31	-0.4	6:49	-0.4	7:01	6:40	
11	Tue	1:01	10.1	1:24	9.9	7:11	-0.7	7:27	-0.4	7:00	6:42	
12	Wed	1:38	10.3	2:05	9.7	7:53	-0.8	8:08	-0.3	6:58	6:43	
13	Thu	2:19	10.4	2:51	9.5	8:38	-0.7	8:53	-0.1	6:56	6:44	
14	Fri	3:06	10.3	3:42	9.2	9:29	-0.5	9:45	0.2	6:54	6:45	
15	Sat	3:59	10.1	4:41	8.8	10:26	-0.3	10:42	0.5	6:53	6:47	
16	Sun	4:59	9.9	5:46	8.6	11:28	-0.1	11:45	0.7	6:51	6:48	
17	Mon	6:06	9.7	6:56	8.6			12:35	0.1	6:49	6:49	
18	Tue	7:17	9.7	8:06	8.9	12:55	0.8	1:45	0.0	6:47	6:50	
19	Wed	8:27	9.9	9:09	9.3	2:06	0.5	2:51	-0.3	6:45	6:51	
20	Thu	9:30	10.2	10:04	9.8	3:12	0.1	3:48	-0.6	6:44	6:53	
21	Fri	10:26	10.4	10:54	10.3	4:10	-0.4	4:40	-0.8	6:42	6:54	
22	Sat	11:17	10.5	11:41	10.6	5:02	-0.8	5:27	-0.9	6:40	6:55	
23	Sun			12:06	10.5	5:51	-1.1	6:12	-0.8	6:38	6:56	
24	Mon	12:25	10.6	12:52	10.3	6:38	-1.1	6:54	-0.5	6:36	6:57	
25	Tue	1:07	10.6	1:36	9.9	7:22	-1.0	7:35	-0.1	6:35	6:59	
26	Wed	1:48	10.3	2:19	9.5	8:05	-0.6	8:16	0.3	6:33	7:00	
27	Thu	2:29	10.0	3:03	9.0	8:48	-0.2	8:58	0.8	6:31	7:01	
28	Fri	3:12	9.5	3:51	8.5	9:34	0.3	9:44	1.3	6:29	7:02	
29	Sat	3:59	9.1	4:42	8.1	10:24	0.8	10:34	1.7	6:27	7:03	
30	Sun	4:51	8.7	5:36	7.9	11:17	1.1	11:28	2.0	6:26	7:05	
31	Mon	5:47	8.5	6:34	7.8			12:13	1.4	6:24	7:06	