
































Fore River, Portland, ME - Jun 2031

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	7:57	8.7	8:20	9.8	1:46	1.0	1:59	0.9	5:02	8:15	
2	Mon	8:53	8.9	9:10	10.4	2:42	0.4	2:52	0.6	5:01	8:16	
3	Tue	9:47	9.2	10:00	10.9	3:35	-0.2	3:43	0.3	5:01	8:17	
4	Wed	10:40	9.6	10:50	11.3	4:26	-0.8	4:34	0.0	5:01	8:17	
5	Thu	11:33	9.9	11:42	11.6	5:18	-1.3	5:26	-0.3	5:00	8:18	
6	Fri			12:26	10.1	6:10	-1.6	6:19	-0.4	5:00	8:19	
7	Sat	12:35	11.8	1:19	10.2	7:02	-1.7	7:14	-0.5	5:00	8:20	
8	Sun	1:29	11.7	2:14	10.3	7:55	-1.7	8:09	-0.4	4:59	8:20	
9	Mon	2:25	11.4	3:10	10.2	8:49	-1.4	9:08	-0.1	4:59	8:21	
10	Tue	3:23	10.9	4:08	10.2	9:46	-1.1	10:10	0.1	4:59	8:21	
11	Wed	4:25	10.4	5:08	10.1	10:43	-0.6	11:14	0.3	4:59	8:22	
12	Thu	5:28	9.9	6:07	10.0	11:42	-0.2			4:59	8:23	
13	Fri	6:31	9.4	7:05	10.0	12:19	0.4	12:41	0.3	4:59	8:23	
14	Sat	7:35	9.1	8:03	10.0	1:24	0.5	1:40	0.7	4:58	8:23	
15	Sun	8:37	8.9	8:57	10.0	2:27	0.4	2:38	0.9	4:58	8:24	
16	Mon	9:33	8.8	9:47	10.0	3:24	0.3	3:30	1.0	4:59	8:24	
17	Tue	10:24	8.8	10:33	10.0	4:15	0.1	4:18	1.1	4:59	8:25	
18	Wed	11:11	8.8	11:15	10.0	5:01	0.1	5:01	1.2	4:59	8:25	
19	Thu	11:54	8.8	11:56	10.0	5:43	0.0	5:42	1.2	4:59	8:25	
20	Fri			12:34	8.8	6:22	0.1	6:21	1.3	4:59	8:26	
21	Sat	12:34	9.9	1:13	8.8	6:59	0.1	6:59	1.3	4:59	8:26	
22	Sun	1:11	9.8	1:49	8.8	7:34	0.2	7:36	1.3	4:59	8:26	
23	Mon	1:48	9.7	2:26	8.8	8:09	0.3	8:15	1.4	5:00	8:26	
24	Tue	2:25	9.5	3:03	8.8	8:45	0.4	8:55	1.4	5:00	8:26	
25	Wed	3:04	9.3	3:42	8.9	9:22	0.5	9:39	1.4	5:00	8:26	
26	Thu	3:47	9.1	4:23	9.0	10:03	0.6	10:26	1.4	5:01	8:26	
27	Fri	4:34	8.9	5:07	9.2	10:46	0.7	11:16	1.2	5:01	8:26	
28	Sat	5:24	8.7	5:54	9.4	11:33	0.8			5:02	8:26	
29	Sun	6:18	8.6	6:45	9.7	12:09	1.0	12:23	0.8	5:02	8:26	
30	Mon	7:17	8.6	7:40	10.1	1:07	0.7	1:18	0.8	5:03	8:26	