


































Fore River, Portland, ME - Jul 2031

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|------|-------|------|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Tue | 8:18 | 8.8 | 8:37 | 10.5 | 2:07 | 0.3 | 2:16 | 0.6 | 5:03 | 8:26 |  |
| 2 | Wed | 9:18 | 9.1 | 9:33 | 11.0 | 3:06 | -0.2 | 3:14 | 0.3 | 5:04 | 8:26 |  |
| 3 | Thu | 10:16 | 9.5 | 10:29 | 11.4 | 4:03 | -0.8 | 4:11 | -0.1 | 5:04 | 8:26 |  |
| 4 | Fri | 11:12 | 9.8 | 11:25 | 11.7 | 4:58 | -1.3 | 5:07 | -0.4 | 5:05 | 8:25 |  |
| 5 | Sat | | | 12:08 | 10.2 | 5:52 | -1.6 | 6:03 | -0.6 | 5:05 | 8:25 |  |
| 6 | Sun | 12:20 | 11.8 | 1:02 | 10.4 | 6:45 | -1.8 | 6:59 | -0.7 | 5:06 | 8:25 |  |
| 7 | Mon | 1:15 | 11.8 | 1:56 | 10.6 | 7:38 | -1.8 | 7:55 | -0.7 | 5:07 | 8:24 |  |
| 8 | Tue | 2:10 | 11.4 | 2:50 | 10.6 | 8:30 | -1.5 | 8:52 | -0.5 | 5:08 | 8:24 |  |
| 9 | Wed | 3:07 | 10.9 | 3:45 | 10.5 | 9:24 | -1.1 | 9:51 | -0.2 | 5:08 | 8:24 |  |
| 10 | Thu | 4:05 | 10.3 | 4:41 | 10.3 | 10:18 | -0.6 | 10:52 | 0.1 | 5:09 | 8:23 |  |
| 11 | Fri | 5:05 | 9.7 | 5:38 | 10.1 | 11:14 | 0.0 | 11:55 | 0.4 | 5:10 | 8:23 |  |
| 12 | Sat | 6:06 | 9.1 | 6:35 | 9.9 | | | 12:11 | 0.6 | 5:11 | 8:22 |  |
| 13 | Sun | 7:08 | 8.7 | 7:32 | 9.7 | 12:58 | 0.6 | 1:09 | 1.0 | 5:11 | 8:22 |  |
| 14 | Mon | 8:10 | 8.4 | 8:29 | 9.7 | 2:01 | 0.7 | 2:08 | 1.3 | 5:12 | 8:21 |  |
| 15 | Tue | 9:08 | 8.4 | 9:21 | 9.7 | 2:59 | 0.6 | 3:04 | 1.4 | 5:13 | 8:20 |  |
| 16 | Wed | 9:59 | 8.4 | 10:09 | 9.7 | 3:51 | 0.5 | 3:53 | 1.4 | 5:14 | 8:20 |  |
| 17 | Thu | 10:46 | 8.5 | 10:52 | 9.8 | 4:38 | 0.4 | 4:38 | 1.3 | 5:15 | 8:19 |  |
| 18 | Fri | 11:29 | 8.6 | 11:33 | 9.8 | 5:20 | 0.3 | 5:19 | 1.3 | 5:16 | 8:18 |  |
| 19 | Sat | | | 12:09 | 8.7 | 5:58 | 0.2 | 5:58 | 1.2 | 5:17 | 8:17 |  |
| 20 | Sun | 12:12 | 9.9 | 12:46 | 8.9 | 6:33 | 0.2 | 6:35 | 1.1 | 5:18 | 8:16 |  |
| 21 | Mon | 12:48 | 9.8 | 1:21 | 9.0 | 7:07 | 0.2 | 7:11 | 1.1 | 5:19 | 8:16 |  |
| 22 | Tue | 1:23 | 9.7 | 1:55 | 9.1 | 7:39 | 0.2 | 7:48 | 1.0 | 5:20 | 8:15 |  |
| 23 | Wed | 1:59 | 9.6 | 2:29 | 9.2 | 8:13 | 0.2 | 8:26 | 1.0 | 5:21 | 8:14 |  |
| 24 | Thu | 2:36 | 9.4 | 3:04 | 9.3 | 8:48 | 0.3 | 9:08 | 0.9 | 5:22 | 8:13 |  |
| 25 | Fri | 3:16 | 9.2 | 3:44 | 9.4 | 9:28 | 0.4 | 9:54 | 0.9 | 5:23 | 8:12 |  |
| 26 | Sat | 4:01 | 9.0 | 4:28 | 9.5 | 10:11 | 0.6 | 10:43 | 0.8 | 5:24 | 8:11 |  |
| 27 | Sun | 4:51 | 8.8 | 5:17 | 9.7 | 10:58 | 0.7 | 11:38 | 0.7 | 5:25 | 8:10 |  |
| 28 | Mon | 5:47 | 8.6 | 6:11 | 9.9 | 11:51 | 0.8 | | | 5:26 | 8:09 |  |
| 29 | Tue | 6:47 | 8.6 | 7:10 | 10.2 | 12:37 | 0.5 | 12:49 | 0.7 | 5:27 | 8:08 |  |
| 30 | Wed | 7:53 | 8.7 | 8:13 | 10.5 | 1:40 | 0.2 | 1:51 | 0.6 | 5:28 | 8:07 |  |
| 31 | Thu | 8:57 | 9.0 | 9:15 | 10.9 | 2:44 | -0.2 | 2:54 | 0.3 | 5:29 | 8:05 |  |