

































Fore River, Portland, ME - May 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	1:03	11.6	1:42	10.4	7:25	-1.8	7:39	-0.5	5:32	7:43	
2	Mon	1:53	11.3	2:35	10.0	8:17	-1.4	8:30	0.0	5:31	7:45	
3	Tue	2:45	10.8	3:29	9.6	9:10	-0.9	9:25	0.6	5:29	7:46	
4	Wed	3:40	10.2	4:26	9.2	10:05	-0.3	10:23	1.0	5:28	7:47	
5	Thu	4:38	9.6	5:24	8.9	11:02	0.3	11:23	1.4	5:27	7:48	
6	Fri	5:37	9.1	6:21	8.7			12:00	0.7	5:25	7:49	
7	Sat	6:37	8.8	7:17	8.7	12:25	1.6	12:57	1.0	5:24	7:50	
8	Sun	7:36	8.6	8:11	8.9	1:27	1.6	1:53	1.1	5:23	7:51	
9	Mon	8:33	8.6	9:00	9.1	2:25	1.4	2:44	1.2	5:22	7:53	
10	Tue	9:24	8.7	9:44	9.3	3:17	1.1	3:29	1.1	5:20	7:54	
11	Wed	10:09	8.8	10:24	9.6	4:01	0.8	4:10	1.0	5:19	7:55	
12	Thu	10:52	8.9	11:01	9.8	4:42	0.5	4:47	1.0	5:18	7:56	
13	Fri	11:32	9.0	11:37	9.9	5:20	0.2	5:23	0.9	5:17	7:57	
14	Sat			12:11	9.0	5:56	0.0	5:59	0.9	5:16	7:58	
15	Sun	12:13	10.0	12:49	9.0	6:32	-0.1	6:36	0.9	5:15	7:59	
16	Mon	12:49	10.1	1:26	9.0	7:09	-0.2	7:15	0.9	5:14	8:00	
17	Tue	1:26	10.2	2:05	9.0	7:49	-0.3	7:56	0.9	5:13	8:01	
18	Wed	2:06	10.2	2:48	9.1	8:31	-0.3	8:42	0.9	5:12	8:02	
19	Thu	2:51	10.1	3:35	9.1	9:17	-0.2	9:32	0.9	5:11	8:03	
20	Fri	3:42	10.0	4:27	9.2	10:07	-0.2	10:27	0.8	5:10	8:05	
21	Sat	4:38	9.8	5:23	9.4	11:01	-0.1	11:27	0.7	5:09	8:06	
22	Sun	5:39	9.7	6:21	9.7	11:58	-0.1			5:08	8:07	
23	Mon	6:43	9.7	7:21	10.1	12:30	0.5	12:57	-0.1	5:07	8:08	
24	Tue	7:49	9.7	8:21	10.5	1:35	0.1	1:58	-0.1	5:07	8:08	
25	Wed	8:53	9.8	9:18	10.9	2:39	-0.3	2:57	-0.3	5:06	8:09	
26	Thu	9:52	10.0	10:11	11.3	3:39	-0.8	3:53	-0.4	5:05	8:10	
27	Fri	10:49	10.2	11:03	11.5	4:34	-1.3	4:46	-0.4	5:05	8:11	
28	Sat	11:43	10.2	11:55	11.5	5:28	-1.5	5:38	-0.4	5:04	8:12	
29	Sun			12:35	10.1	6:19	-1.5	6:29	-0.2	5:03	8:13	
30	Mon	12:45	11.3	1:26	10.0	7:09	-1.4	7:19	0.1	5:03	8:14	
31	Tue	1:34	11.0	2:16	9.7	7:58	-1.0	8:09	0.4	5:02	8:15	