

































## Fore River, Portland, ME - Jul 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	2:45	9.9	3:23	9.2	9:05	0.0	9:20	1.1	5:03	8:26	
2	Sat	3:31	9.4	4:09	9.1	9:48	0.4	10:09	1.3	5:04	8:26	
3	Sun	4:19	9.0	4:55	9.0	10:32	0.8	11:00	1.5	5:05	8:26	
4	Mon	5:09	8.6	5:42	8.9	11:18	1.1	11:52	1.6	5:05	8:25	
5	Tue	6:01	8.3	6:30	8.9			12:05	1.4	5:06	8:25	
6	Wed	6:56	8.1	7:20	9.0	12:46	1.6	12:54	1.6	5:06	8:25	
7	Thu	7:52	8.0	8:11	9.2	1:42	1.5	1:46	1.6	5:07	8:24	
8	Fri	8:47	8.1	8:59	9.5	2:36	1.2	2:37	1.5	5:08	8:24	
9	Sat	9:37	8.3	9:45	9.8	3:25	0.8	3:25	1.3	5:09	8:23	
10	Sun	10:23	8.6	10:29	10.1	4:11	0.4	4:11	1.0	5:09	8:23	
11	Mon	11:08	8.9	11:14	10.5	4:54	0.0	4:57	0.7	5:10	8:22	
12	Tue	11:53	9.2	11:59	10.8	5:38	-0.4	5:42	0.4	5:11	8:22	
13	Wed			12:37	9.6	6:21	-0.8	6:29	0.1	5:12	8:21	
14	Thu	12:44	11.0	1:22	9.9	7:06	-1.0	7:18	-0.1	5:13	8:21	
15	Fri	1:31	11.0	2:08	10.2	7:51	-1.2	8:08	-0.3	5:14	8:20	
16	Sat	2:21	10.9	2:57	10.3	8:39	-1.1	9:01	-0.3	5:14	8:19	
17	Sun	3:13	10.6	3:49	10.4	9:29	-0.9	9:57	-0.2	5:15	8:18	
18	Mon	4:10	10.2	4:45	10.5	10:23	-0.6	10:58	-0.1	5:16	8:18	
19	Tue	5:11	9.8	5:43	10.4	11:19	-0.3			5:17	8:17	
20	Wed	6:14	9.4	6:43	10.4	12:00	0.0	12:18	0.1	5:18	8:16	
21	Thu	7:20	9.2	7:46	10.4	1:06	0.0	1:21	0.4	5:19	8:15	
22	Fri	8:27	9.1	8:47	10.5	2:13	-0.1	2:24	0.5	5:20	8:14	
23	Sat	9:28	9.1	9:44	10.5	3:16	-0.2	3:25	0.5	5:21	8:13	
24	Sun	10:24	9.2	10:37	10.6	4:12	-0.4	4:19	0.5	5:22	8:12	
25	Mon	11:15	9.3	11:26	10.6	5:03	-0.5	5:10	0.4	5:23	8:11	
26	Tue			12:03	9.4	5:50	-0.5	5:57	0.4	5:24	8:10	
27	Wed	12:12	10.5	12:47	9.4	6:34	-0.5	6:42	0.5	5:25	8:09	
28	Thu	12:55	10.3	1:28	9.4	7:14	-0.3	7:24	0.6	5:26	8:08	
29	Fri	1:36	10.0	2:07	9.4	7:53	-0.1	8:05	0.7	5:27	8:07	
30	Sat	2:16	9.7	2:46	9.3	8:30	0.2	8:47	0.9	5:28	8:06	
31	Sun	2:57	9.3	3:26	9.2	9:08	0.5	9:30	1.1	5:29	8:05	