

































Fore River, Portland, ME - Aug 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	3:41	8.9	4:08	9.1	9:48	0.8	10:16	1.3	5:30	8:04	
2	Tue	4:27	8.6	4:52	9.0	10:31	1.1	11:05	1.4	5:32	8:02	
3	Wed	5:16	8.3	5:39	8.9	11:16	1.4	11:56	1.5	5:33	8:01	
4	Thu	6:08	8.0	6:29	9.0			12:05	1.6	5:34	8:00	
5	Fri	7:04	7.9	7:22	9.1	12:50	1.5	12:58	1.7	5:35	7:58	
6	Sat	8:02	8.0	8:16	9.4	1:48	1.3	1:53	1.6	5:36	7:57	
7	Sun	8:57	8.3	9:09	9.8	2:43	0.9	2:48	1.2	5:37	7:56	
8	Mon	9:47	8.7	9:58	10.3	3:34	0.4	3:39	0.8	5:38	7:54	
9	Tue	10:35	9.2	10:46	10.7	4:22	-0.2	4:29	0.3	5:39	7:53	
10	Wed	11:22	9.7	11:35	11.1	5:08	-0.7	5:18	-0.2	5:40	7:52	
11	Thu			12:09	10.2	5:54	-1.1	6:08	-0.6	5:41	7:50	
12	Fri	12:24	11.3	12:56	10.6	6:41	-1.4	6:58	-0.9	5:43	7:49	
13	Sat	1:13	11.3	1:44	10.9	7:28	-1.5	7:50	-1.0	5:44	7:47	
14	Sun	2:04	11.1	2:34	11.0	8:16	-1.3	8:43	-1.0	5:45	7:46	
15	Mon	2:58	10.7	3:27	10.9	9:08	-1.0	9:40	-0.8	5:46	7:44	
16	Tue	3:55	10.3	4:24	10.7	10:02	-0.6	10:41	-0.5	5:47	7:43	
17	Wed	4:57	9.7	5:24	10.5	11:01	-0.1	11:45	-0.2	5:48	7:41	
18	Thu	6:02	9.3	6:27	10.2			12:02	0.4	5:49	7:40	
19	Fri	7:08	9.0	7:32	10.1	12:52	0.1	1:07	0.7	5:50	7:38	
20	Sat	8:15	8.9	8:35	10.1	2:00	0.1	2:14	0.8	5:52	7:36	
21	Sun	9:15	9.0	9:32	10.1	3:03	0.1	3:15	0.7	5:53	7:35	
22	Mon	10:09	9.1	10:24	10.2	3:58	0.0	4:08	0.6	5:54	7:33	
23	Tue	10:57	9.3	11:11	10.2	4:46	-0.1	4:56	0.5	5:55	7:31	
24	Wed	11:41	9.4	11:54	10.1	5:30	-0.1	5:41	0.4	5:56	7:30	
25	Thu			12:21	9.5	6:10	-0.1	6:21	0.4	5:57	7:28	
26	Fri	12:34	10.0	12:58	9.5	6:47	0.1	7:00	0.4	5:58	7:26	
27	Sat	1:12	9.8	1:34	9.5	7:21	0.2	7:37	0.5	5:59	7:25	
28	Sun	1:49	9.5	2:08	9.4	7:55	0.5	8:14	0.7	6:01	7:23	
29	Mon	2:26	9.2	2:44	9.3	8:30	0.7	8:53	0.8	6:02	7:21	
30	Tue	3:06	8.9	3:23	9.2	9:08	1.0	9:36	1.0	6:03	7:20	
31	Wed	3:49	8.5	4:05	9.0	9:49	1.3	10:22	1.2	6:04	7:18	