

































Fore River, Portland, ME - Jan 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	7:29	10.4	8:08	9.4	1:06	0.0	1:54	-0.6	7:14	4:15	
2	Mon	8:28	10.8	9:07	9.6	2:07	-0.1	2:53	-1.0	7:14	4:16	
3	Tue	9:23	11.0	10:02	9.7	3:04	-0.3	3:48	-1.3	7:14	4:16	
4	Wed	10:15	11.1	10:54	9.8	3:58	-0.4	4:40	-1.5	7:14	4:17	
5	Thu	11:06	11.1	11:44	9.8	4:49	-0.4	5:29	-1.4	7:14	4:18	
6	Fri	11:54	10.9			5:39	-0.3	6:16	-1.2	7:14	4:19	
7	Sat	12:31	9.7	12:40	10.5	6:26	-0.1	7:00	-0.9	7:14	4:20	
8	Sun	1:16	9.6	1:26	10.1	7:13	0.2	7:45	-0.5	7:13	4:22	
9	Mon	2:02	9.3	2:13	9.6	8:01	0.5	8:30	0.0	7:13	4:23	
10	Tue	2:48	9.1	3:03	9.0	8:51	0.9	9:16	0.5	7:13	4:24	
11	Wed	3:37	8.9	3:54	8.5	9:43	1.1	10:04	0.9	7:12	4:25	
12	Thu	4:26	8.7	4:49	8.1	10:37	1.3	10:53	1.3	7:12	4:26	
13	Fri	5:17	8.6	5:46	7.9	11:34	1.4	11:46	1.5	7:12	4:27	
14	Sat	6:10	8.6	6:45	7.8			12:33	1.4	7:11	4:28	
15	Sun	7:04	8.8	7:41	7.9	12:41	1.6	1:30	1.1	7:11	4:30	
16	Mon	7:54	9.0	8:32	8.1	1:34	1.5	2:21	0.8	7:10	4:31	
17	Tue	8:41	9.3	9:17	8.4	2:23	1.3	3:05	0.4	7:10	4:32	
18	Wed	9:24	9.7	10:00	8.7	3:07	1.0	3:46	0.0	7:09	4:33	
19	Thu	10:05	10.1	10:41	9.0	3:49	0.6	4:26	-0.4	7:08	4:35	
20	Fri	10:46	10.4	11:21	9.3	4:30	0.3	5:06	-0.8	7:08	4:36	
21	Sat	11:27	10.6			5:13	-0.1	5:46	-1.0	7:07	4:37	
22	Sun	12:01	9.6	12:10	10.7	5:56	-0.3	6:28	-1.2	7:06	4:38	
23	Mon	12:43	9.9	12:54	10.7	6:42	-0.5	7:11	-1.2	7:05	4:40	
24	Tue	1:26	10.0	1:42	10.4	7:30	-0.6	7:58	-1.1	7:05	4:41	
25	Wed	2:14	10.1	2:34	10.1	8:23	-0.5	8:48	-0.8	7:04	4:42	
26	Thu	3:07	10.1	3:32	9.7	9:20	-0.4	9:43	-0.4	7:03	4:44	
27	Fri	4:04	10.0	4:35	9.2	10:21	-0.2	10:41	0.0	7:02	4:45	
28	Sat	5:05	10.0	5:42	8.9	11:26	-0.1	11:44	0.3	7:01	4:46	
29	Sun	6:09	10.0	6:52	8.8			12:36	-0.1	7:00	4:48	
30	Mon	7:15	10.1	7:59	8.9	12:52	0.4	1:44	-0.3	6:59	4:49	
31	Tue	8:17	10.3	8:58	9.2	1:57	0.3	2:44	-0.6	6:58	4:50	