

































Fore River, Portland, ME - Jan 2021

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	9:13	10.6	9:58	9.1	2:57	0.5	3:43	-0.9	7:14	4:15	
2	Wed	10:04	11.0	10:50	9.4	3:48	0.2	4:35	-1.3	7:14	4:16	
3	Thu	10:57	11.3	11:42	9.6	4:40	-0.2	5:26	-1.6	7:14	4:17	
4	Fri	11:50	11.5			5:33	-0.4	6:18	-1.7	7:14	4:18	
5	Sat	12:34	9.8	12:44	11.3	6:27	-0.5	7:09	-1.6	7:14	4:19	
6	Sun	1:27	9.8	1:39	11.0	7:23	-0.4	8:02	-1.3	7:14	4:20	
7	Mon	2:22	9.8	2:37	10.5	8:21	-0.2	8:57	-0.9	7:14	4:21	
8	Tue	3:19	9.8	3:38	9.9	9:23	0.0	9:54	-0.4	7:13	4:22	
9	Wed	4:17	9.7	4:42	9.3	10:28	0.2	10:52	0.1	7:13	4:23	
10	Thu	5:16	9.7	5:47	8.8	11:33	0.3	11:51	0.6	7:13	4:24	
11	Fri	6:15	9.6	6:53	8.5			12:40	0.3	7:12	4:25	
12	Sat	7:14	9.6	7:55	8.3	12:53	1.0	1:44	0.2	7:12	4:26	
13	Sun	8:09	9.6	8:51	8.3	1:51	1.1	2:40	0.1	7:12	4:28	
14	Mon	8:59	9.6	9:41	8.4	2:44	1.2	3:30	0.0	7:11	4:29	
15	Tue	9:46	9.7	10:26	8.4	3:32	1.2	4:15	-0.1	7:11	4:30	
16	Wed	10:28	9.7	11:07	8.5	4:15	1.1	4:56	-0.1	7:10	4:31	
17	Thu	11:08	9.7	11:46	8.5	4:55	1.1	5:34	-0.1	7:09	4:32	
18	Fri	11:46	9.7			5:33	1.0	6:09	0.0	7:09	4:34	
19	Sat	12:21	8.5	12:22	9.6	6:09	1.0	6:43	0.1	7:08	4:35	
20	Sun	12:56	8.5	12:57	9.4	6:45	1.1	7:16	0.2	7:07	4:36	
21	Mon	1:30	8.5	1:33	9.2	7:23	1.1	7:50	0.4	7:07	4:37	
22	Tue	2:05	8.5	2:12	8.9	8:02	1.2	8:27	0.6	7:06	4:39	
23	Wed	2:43	8.6	2:55	8.5	8:46	1.2	9:07	0.8	7:05	4:40	
24	Thu	3:23	8.6	3:42	8.2	9:34	1.2	9:50	1.0	7:04	4:41	
25	Fri	4:08	8.7	4:35	8.0	10:25	1.1	10:39	1.2	7:03	4:43	
26	Sat	4:58	8.9	5:34	7.8	11:22	1.0	11:33	1.3	7:02	4:44	
27	Sun	5:53	9.1	6:38	7.9			12:24	0.7	7:01	4:45	
28	Mon	6:53	9.5	7:43	8.1	12:33	1.3	1:28	0.3	7:01	4:47	
29	Tue	7:55	10.0	8:43	8.5	1:35	1.0	2:28	-0.3	7:00	4:48	
30	Wed	8:53	10.5	9:39	9.0	2:34	0.5	3:24	-0.9	6:58	4:49	
31	Thu	9:49	11.1	10:33	9.5	3:31	0.0	4:18	-1.4	6:57	4:51	