

































## Fore River, Portland, ME - Jan 2022

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	6:22	9.9	7:00	8.8			12:47	0.1	7:14	4:15	
2	Thu	7:22	10.0	8:04	8.7	12:59	0.6	1:51	-0.2	7:14	4:16	
3	Fri	8:18	10.2	9:02	8.8	1:59	0.7	2:49	-0.4	7:14	4:16	
4	Sat	9:11	10.3	9:56	8.8	2:54	0.7	3:42	-0.6	7:14	4:17	
5	Sun	10:01	10.3	10:45	8.8	3:45	0.7	4:31	-0.7	7:14	4:18	
6	Mon	10:49	10.3	11:31	8.8	4:33	0.7	5:18	-0.6	7:14	4:19	
7	Tue	11:33	10.1			5:19	0.7	6:01	-0.4	7:14	4:21	
8	Wed	12:13	8.7	12:16	9.9	6:02	0.8	6:41	-0.2	7:13	4:22	
9	Thu	12:54	8.6	12:56	9.7	6:43	1.0	7:20	0.1	7:13	4:23	
10	Fri	1:34	8.6	1:37	9.3	7:25	1.1	7:58	0.4	7:13	4:24	
11	Sat	2:14	8.5	2:19	8.9	8:09	1.3	8:37	0.7	7:12	4:25	
12	Sun	2:56	8.4	3:05	8.5	8:55	1.5	9:18	1.0	7:12	4:26	
13	Mon	3:39	8.4	3:54	8.1	9:44	1.6	10:01	1.3	7:12	4:27	
14	Tue	4:24	8.4	4:47	7.7	10:36	1.7	10:47	1.6	7:11	4:28	
15	Wed	5:11	8.4	5:43	7.5	11:30	1.6	11:37	1.8	7:11	4:30	
16	Thu	6:01	8.5	6:43	7.4			12:29	1.4	7:10	4:31	
17	Fri	6:55	8.8	7:41	7.6	12:32	1.9	1:27	1.1	7:10	4:32	
18	Sat	7:48	9.1	8:35	7.8	1:27	1.7	2:20	0.6	7:09	4:33	
19	Sun	8:38	9.6	9:24	8.2	2:20	1.4	3:10	0.1	7:08	4:35	
20	Mon	9:27	10.1	10:11	8.6	3:10	1.0	3:57	-0.4	7:08	4:36	
21	Tue	10:16	10.6	10:58	9.1	3:58	0.5	4:44	-0.9	7:07	4:37	
22	Wed	11:04	11.0	11:44	9.5	4:47	0.0	5:30	-1.3	7:06	4:38	
23	Thu	11:53	11.1			5:37	-0.4	6:16	-1.5	7:05	4:40	
24	Fri	12:31	9.8	12:42	11.1	6:27	-0.6	7:03	-1.5	7:04	4:41	
25	Sat	1:18	10.1	1:33	10.8	7:19	-0.7	7:51	-1.3	7:04	4:42	
26	Sun	2:08	10.2	2:28	10.3	8:14	-0.6	8:42	-0.9	7:03	4:44	
27	Mon	3:01	10.2	3:26	9.7	9:12	-0.4	9:35	-0.3	7:02	4:45	
28	Tue	3:57	10.0	4:29	9.1	10:14	-0.2	10:32	0.2	7:01	4:46	
29	Wed	4:56	9.8	5:36	8.6	11:20	0.0	11:34	0.8	7:00	4:48	
30	Thu	5:58	9.7	6:45	8.3			12:29	0.2	6:59	4:49	
31	Fri	7:03	9.6	7:53	8.2	12:40	1.1	1:38	0.1	6:58	4:51	