

































Fore River, Portland, ME - Mar 2022

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	6:45	9.1	7:37	8.0	12:23	1.5	1:21	0.5	6:16	5:29	
2	Sun	7:51	9.1	8:37	8.2	1:33	1.6	2:24	0.4	6:15	5:31	
3	Mon	8:48	9.3	9:27	8.4	2:33	1.3	3:16	0.3	6:13	5:32	
4	Tue	9:37	9.5	10:11	8.6	3:24	1.1	4:01	0.1	6:11	5:33	
5	Wed	10:21	9.6	10:50	8.9	4:08	0.8	4:40	0.1	6:10	5:34	
6	Thu	11:00	9.6	11:25	9.1	4:48	0.6	5:15	0.1	6:08	5:36	
7	Fri	11:36	9.5	11:57	9.2	5:25	0.5	5:47	0.2	6:06	5:37	
8	Sat			12:11	9.3	5:59	0.4	6:16	0.3	6:04	5:38	
9	Sun	12:28	9.2	1:44	9.1	7:33	0.4	7:47	0.5	7:03	6:40	
10	Mon	1:58	9.2	2:19	8.8	8:07	0.4	8:18	0.8	7:01	6:41	
11	Tue	2:29	9.2	2:55	8.5	8:44	0.6	8:53	1.1	6:59	6:42	
12	Wed	3:04	9.0	3:36	8.1	9:24	0.7	9:33	1.4	6:57	6:43	
13	Thu	3:44	8.9	4:23	7.8	10:09	0.9	10:18	1.7	6:56	6:44	
14	Fri	4:31	8.8	5:16	7.5	11:01	1.1	11:10	1.9	6:54	6:46	
15	Sat	5:26	8.7	6:17	7.4	11:59	1.2			6:52	6:47	
16	Sun	6:29	8.8	7:24	7.6	12:09	1.9	1:04	1.0	6:50	6:48	
17	Mon	7:36	9.1	8:29	8.0	1:15	1.7	2:10	0.6	6:48	6:49	
18	Tue	8:41	9.6	9:26	8.7	2:21	1.2	3:10	0.0	6:47	6:51	
19	Wed	9:40	10.2	10:17	9.5	3:22	0.5	4:03	-0.6	6:45	6:52	
20	Thu	10:34	10.8	11:06	10.3	4:18	-0.3	4:52	-1.2	6:43	6:53	
21	Fri	11:26	11.1	11:54	10.9	5:11	-1.1	5:40	-1.5	6:41	6:54	
22	Sat			12:18	11.2	6:02	-1.6	6:27	-1.6	6:39	6:55	
23	Sun	12:41	11.3	1:09	11.0	6:53	-1.9	7:14	-1.4	6:38	6:57	
24	Mon	1:27	11.4	2:00	10.6	7:44	-1.9	8:01	-0.9	6:36	6:58	
25	Tue	2:16	11.2	2:53	10.1	8:37	-1.6	8:52	-0.3	6:34	6:59	
26	Wed	3:07	10.8	3:50	9.4	9:32	-1.0	9:46	0.4	6:32	7:00	
27	Thu	4:03	10.2	4:53	8.7	10:33	-0.4	10:46	1.1	6:30	7:01	
28	Fri	5:05	9.6	5:59	8.3	11:38	0.3	11:52	1.6	6:29	7:03	
29	Sat	6:12	9.1	7:07	8.0			12:47	0.7	6:27	7:04	
30	Sun	7:22	8.9	8:13	8.0	1:03	1.8	1:56	0.9	6:25	7:05	
31	Mon	8:28	8.8	9:11	8.3	2:12	1.8	2:57	0.8	6:23	7:06	