





























Fore River, Portland, ME - Mar 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	2:15	9.0	2:45	8.2	8:32	0.8	8:41	1.4	6:17	5:29	
2	Mon	2:55	8.8	3:32	7.7	9:17	1.1	9:25	1.8	6:15	5:30	
3	Tue	3:41	8.5	4:25	7.4	10:08	1.4	10:14	2.1	6:13	5:32	
4	Wed	4:33	8.3	5:24	7.1	11:04	1.6	11:10	2.3	6:12	5:33	
5	Thu	5:32	8.3	6:28	7.1			12:07	1.6	6:10	5:34	
6	Fri	6:35	8.4	7:29	7.4	12:11	2.3	1:11	1.3	6:08	5:35	
7	Sat	7:35	8.8	8:22	7.8	1:14	2.0	2:07	0.9	6:07	5:37	
8	Sun	9:28	9.3	10:08	8.4	3:10	1.5	3:54	0.3	7:05	6:38	
9	Mon	10:17	9.9	10:51	9.1	4:00	0.8	4:37	-0.3	7:03	6:39	
10	Tue	11:02	10.3	11:32	9.8	4:47	0.1	5:19	-0.8	7:01	6:40	
11	Wed	11:48	10.7			5:33	-0.6	6:01	-1.1	7:00	6:42	
12	Thu	12:14	10.4	12:34	10.8	6:20	-1.1	6:43	-1.2	6:58	6:43	
13	Fri	12:56	10.8	1:21	10.7	7:07	-1.4	7:27	-1.2	6:56	6:44	
14	Sat	1:40	11.0	2:09	10.4	7:56	-1.5	8:13	-0.8	6:54	6:45	
15	Sun	2:26	11.0	3:01	9.9	8:47	-1.3	9:02	-0.3	6:52	6:47	
16	Mon	3:17	10.7	3:59	9.3	9:43	-0.9	9:57	0.3	6:51	6:48	
17	Tue	4:14	10.2	5:03	8.7	10:44	-0.4	10:58	0.9	6:49	6:49	
18	Wed	5:19	9.8	6:13	8.3	11:52	0.1			6:47	6:50	
19	Thu	6:29	9.4	7:26	8.1	12:06	1.3	1:05	0.4	6:45	6:52	
20	Fri	7:43	9.3	8:36	8.3	1:20	1.5	2:18	0.4	6:43	6:53	
21	Sat	8:52	9.4	9:35	8.6	2:33	1.3	3:20	0.3	6:42	6:54	
22	Sun	9:50	9.5	10:25	9.0	3:35	1.0	4:13	0.1	6:40	6:55	
23	Mon	10:40	9.7	11:09	9.3	4:27	0.6	4:58	0.0	6:38	6:56	
24	Tue	11:25	9.7	11:48	9.5	5:13	0.3	5:37	0.0	6:36	6:58	
25	Wed			12:06	9.6	5:55	0.1	6:13	0.1	6:34	6:59	
26	Thu	12:24	9.6	12:44	9.4	6:33	0.0	6:47	0.3	6:33	7:00	
27	Fri	12:57	9.7	1:21	9.2	7:09	0.0	7:18	0.6	6:31	7:01	
28	Sat	1:29	9.6	1:57	8.9	7:44	0.1	7:51	0.9	6:29	7:02	
29	Sun	2:01	9.4	2:33	8.5	8:20	0.3	8:25	1.3	6:27	7:04	
30	Mon	2:35	9.2	3:13	8.2	8:58	0.6	9:04	1.6	6:25	7:05	
31	Tue	3:14	9.0	3:57	7.8	9:40	0.9	9:47	1.9	6:24	7:06	