
































Fore River, Portland, ME - Jun 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	5:41	9.2	6:23	9.2			12:01	0.5	5:02	8:15	
2	Tue	6:40	9.2	7:16	9.7	12:30	1.1	12:54	0.4	5:01	8:16	
3	Wed	7:42	9.2	8:11	10.3	1:32	0.6	1:50	0.3	5:01	8:17	
4	Thu	8:44	9.4	9:04	10.8	2:33	-0.1	2:46	0.2	5:01	8:18	
5	Fri	9:43	9.6	9:57	11.3	3:31	-0.7	3:40	0.0	5:00	8:18	
6	Sat	10:40	9.7	10:50	11.6	4:26	-1.2	4:34	-0.1	5:00	8:19	
7	Sun	11:36	9.8	11:44	11.7	5:21	-1.5	5:28	-0.1	5:00	8:20	
8	Mon			12:32	9.8	6:16	-1.6	6:22	0.0	4:59	8:20	
9	Tue	12:39	11.6	1:27	9.7	7:10	-1.5	7:17	0.2	4:59	8:21	
10	Wed	1:34	11.3	2:22	9.5	8:04	-1.2	8:13	0.5	4:59	8:21	
11	Thu	2:29	10.9	3:18	9.3	8:59	-0.8	9:11	0.8	4:59	8:22	
12	Fri	3:27	10.3	4:16	9.2	9:55	-0.3	10:12	1.1	4:59	8:23	
13	Sat	4:26	9.8	5:12	9.1	10:50	0.1	11:13	1.3	4:59	8:23	
14	Sun	5:25	9.2	6:07	9.1	11:44	0.6			4:59	8:24	
15	Mon	6:24	8.7	7:00	9.1	12:15	1.4	12:38	1.0	4:59	8:24	
16	Tue	7:24	8.4	7:51	9.1	1:16	1.4	1:30	1.4	4:59	8:24	
17	Wed	8:22	8.2	8:40	9.2	2:15	1.3	2:22	1.6	4:59	8:25	
18	Thu	9:15	8.1	9:26	9.3	3:09	1.1	3:10	1.7	4:59	8:25	
19	Fri	10:04	8.1	10:08	9.5	3:56	0.9	3:54	1.8	4:59	8:25	
20	Sat	10:50	8.2	10:49	9.6	4:40	0.7	4:35	1.8	4:59	8:26	
21	Sun	11:33	8.2	11:29	9.6	5:20	0.5	5:14	1.8	4:59	8:26	
22	Mon			12:14	8.3	5:59	0.4	5:53	1.7	4:59	8:26	
23	Tue	12:08	9.7	12:52	8.3	6:37	0.3	6:32	1.7	5:00	8:26	
24	Wed	12:46	9.8	1:30	8.4	7:14	0.3	7:10	1.6	5:00	8:26	
25	Thu	1:24	9.8	2:08	8.5	7:51	0.2	7:51	1.5	5:00	8:26	
26	Fri	2:03	9.9	2:46	8.6	8:29	0.1	8:34	1.4	5:01	8:26	
27	Sat	2:45	9.8	3:28	8.8	9:10	0.1	9:21	1.2	5:01	8:26	
28	Sun	3:31	9.7	4:13	9.1	9:53	0.1	10:13	1.1	5:02	8:26	
29	Mon	4:21	9.5	5:00	9.5	10:40	0.1	11:08	0.8	5:02	8:26	
30	Tue	5:16	9.3	5:50	9.8	11:29	0.3			5:03	8:26	