

































Fore River, Portland, ME - Aug 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	8:10	8.6	8:27	10.4	1:56	0.1	2:03	0.9	5:30	8:04	
2	Sun	9:16	8.7	9:29	10.6	3:02	-0.1	3:08	0.8	5:31	8:03	
3	Mon	10:17	8.9	10:28	10.8	4:03	-0.4	4:08	0.6	5:32	8:02	
4	Tue	11:13	9.2	11:23	10.9	4:59	-0.7	5:04	0.4	5:33	8:00	
5	Wed			12:05	9.4	5:52	-0.8	5:58	0.3	5:34	7:59	
6	Thu	12:15	10.9	12:54	9.6	6:40	-0.8	6:48	0.2	5:35	7:58	
7	Fri	1:04	10.7	1:39	9.6	7:25	-0.6	7:37	0.3	5:37	7:56	
8	Sat	1:51	10.3	2:22	9.6	8:08	-0.3	8:24	0.5	5:38	7:55	
9	Sun	2:36	9.8	3:05	9.5	8:49	0.2	9:12	0.7	5:39	7:54	
10	Mon	3:23	9.2	3:49	9.3	9:31	0.7	10:01	1.0	5:40	7:52	
11	Tue	4:12	8.7	4:34	9.1	10:15	1.2	10:52	1.3	5:41	7:51	
12	Wed	5:04	8.2	5:22	8.9	11:01	1.6	11:45	1.5	5:42	7:49	
13	Thu	5:58	7.8	6:12	8.7	11:50	2.0			5:43	7:48	
14	Fri	6:56	7.5	7:08	8.7	12:43	1.6	12:44	2.3	5:44	7:46	
15	Sat	7:57	7.4	8:05	8.7	1:44	1.7	1:42	2.4	5:46	7:45	
16	Sun	8:54	7.5	9:00	9.0	2:43	1.5	2:39	2.2	5:47	7:43	
17	Mon	9:44	7.8	9:48	9.3	3:34	1.2	3:30	1.9	5:48	7:42	
18	Tue	10:30	8.1	10:33	9.7	4:18	0.8	4:15	1.5	5:49	7:40	
19	Wed	11:11	8.5	11:15	10.0	4:59	0.4	4:58	1.1	5:50	7:39	
20	Thu	11:50	8.9	11:56	10.3	5:37	0.0	5:40	0.7	5:51	7:37	
21	Fri			12:28	9.4	6:15	-0.3	6:23	0.3	5:52	7:35	
22	Sat	12:37	10.4	1:06	9.8	6:52	-0.5	7:06	0.0	5:53	7:34	
23	Sun	1:19	10.4	1:45	10.1	7:32	-0.6	7:51	-0.3	5:54	7:32	
24	Mon	2:03	10.3	2:27	10.4	8:13	-0.5	8:39	-0.4	5:56	7:30	
25	Tue	2:51	10.0	3:13	10.4	8:58	-0.2	9:31	-0.3	5:57	7:29	
26	Wed	3:43	9.6	4:04	10.4	9:47	0.1	10:28	-0.1	5:58	7:27	
27	Thu	4:41	9.1	5:01	10.2	10:42	0.5	11:29	0.1	5:59	7:25	
28	Fri	5:45	8.7	6:04	10.0	11:41	0.9			6:00	7:24	
29	Sat	6:54	8.4	7:12	9.9	12:36	0.3	12:47	1.2	6:01	7:22	
30	Sun	8:05	8.4	8:21	10.0	1:48	0.3	1:57	1.2	6:02	7:20	
31	Mon	9:10	8.6	9:25	10.2	2:56	0.1	3:04	1.0	6:03	7:19	