US HARBORS www.USHarbors.com

Fore River, Portland, ME - Jan 2044

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	11:33	9.7			5:19	1.3	5:58	0.1	7:14	4:14	
2	Sat	12:12	8.4	12:08	9.7	5:55	1.2	6:32	0.0	7:14	4:15	
3	Sun	12:47	8.4	12:44	9.7	6:32	1.1	7:07	0.0	7:14	4:16	
4	Mon	1:22	8.5	1:22	9.5	7:12	1.1	7:43	0.1	7:14	4:17	
5	Tue	1:59	8.7	2:03	9.3	7:54	1.0	8:23	0.1	7:14	4:18	
6	Wed	2:39	8.8	2:50	9.1	8:42	0.9	9:06	0.3	7:14	4:19	
7	Thu	3:24	9.1	3:42	8.8	9:34	0.8	9:54	0.4	7:14	4:20	
8	Fri	4:12	9.3	4:39	8.6	10:30	0.6	10:46	0.6	7:13	4:21	
9	Sat	5:06	9.5	5:41	8.4	11:30	0.4	11:43	0.7	7:13	4:22	
10	Sun	6:04	9.8	6:49	8.4			12:35	0.1	7:13	4:23	
11	Mon	7:07	10.1	7:55	8.6	12:45	0.7	1:41	-0.3	7:13	4:24	
12	Tue	8:09	10.5	8:58	8.9	1:49	0.6	2:43	-0.8	7:12	4:25	
13	Wed	9:09	10.9	9:56	9.2	2:49	0.2	3:41	-1.2	7:12	4:27	
14	Thu	10:06	11.2	10:51	9.5	3:47	-0.1	4:36	-1.5	7:11	4:28	
15	Fri	11:02	11.3	11:44	9.7	4:43	-0.3	5:29	-1.6	7:11	4:29	
16	Sat	11:55	11.2			5:37	-0.4	6:19	-1.5	7:10	4:30	
17	Sun	12:34	9.8	12:46	10.9	6:30	-0.4	7:08	-1.3	7:10	4:31	
18	Mon	1:24	9.8	1:37	10.4	7:23	-0.2	7:56	-0.8	7:09	4:33	
19	Tue	2:13	9.7	2:30	9.7	8:17	0.1	8:44	-0.2	7:09	4:34	
20	Wed	3:03	9.5	3:25	9.1	9:12	0.4	9:34	0.4	7:08	4:35	
21	Thu	3:54	9.2	4:22	8.4	10:10	0.7	10:25	1.0	7:07	4:37	
22	Fri	4:46	9.0	5:21	7.9	11:09	1.0	11:18	1.5	7:06	4:38	
23	Sat	5:40	8.8	6:22	7.6			12:11	1.2	7:06	4:39	
24	Sun	6:37	8.7	7:24	7.5	12:16	1.9	1:13	1.1	7:05	4:40	
25	Mon	7:33	8.7	8:19	7.6	1:15	2.0	2:10	1.0	7:04	4:42	
26	Tue	8:25	8.9	9:08	7.8	2:09	1.9	2:59	0.8	7:03	4:43	
27	Wed	9:11	9.1	9:52	8.0	2:57	1.7	3:42	0.5	7:02	4:44	
28	Thu	9:54	9.4	10:33	8.2	3:39	1.4	4:22	0.2	7:01	4:46	
29	Fri	10:33	9.6	11:10	8.5	4:18	1.2	4:58	0.0	7:00	4:47	
30	Sat	11:11	9.8	11:45	8.7	4:56	0.9	5:31	-0.2	6:59	4:49	
31	Sun	11:46	9.9			5:33	0.7	6:04	-0.3	6:58	4:50	