






























Fore River, Portland, ME - Jul 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	4:29	10.0	5:09	9.8	10:46	-0.2	11:18	0.6	5:04	8:26	
2	Sat	5:29	9.3	6:03	9.7	11:40	0.4			5:04	8:26	
3	Sun	6:30	8.8	6:58	9.6	12:20	0.8	12:35	0.9	5:05	8:26	
4	Mon	7:32	8.4	7:53	9.5	1:23	0.9	1:31	1.4	5:05	8:25	
5	Tue	8:33	8.2	8:46	9.5	2:24	0.8	2:27	1.6	5:06	8:25	
6	Wed	9:28	8.1	9:35	9.5	3:19	0.8	3:19	1.8	5:07	8:25	
7	Thu	10:18	8.1	10:21	9.6	4:09	0.6	4:07	1.8	5:07	8:24	
8	Fri	11:04	8.2	11:04	9.6	4:54	0.5	4:50	1.7	5:08	8:24	
9	Sat	11:47	8.3	11:45	9.7	5:36	0.5	5:31	1.7	5:09	8:23	
10	Sun			12:27	8.3	6:15	0.4	6:09	1.6	5:10	8:23	
11	Mon	12:24	9.8	1:04	8.4	6:51	0.3	6:47	1.5	5:11	8:22	
12	Tue	1:01	9.8	1:40	8.5	7:25	0.3	7:24	1.4	5:11	8:22	
13	Wed	1:36	9.7	2:14	8.7	7:58	0.3	8:02	1.4	5:12	8:21	
14	Thu	2:13	9.6	2:49	8.8	8:32	0.3	8:42	1.3	5:13	8:20	
15	Fri	2:51	9.4	3:26	9.0	9:08	0.4	9:26	1.2	5:14	8:20	
16	Sat	3:33	9.2	4:05	9.2	9:48	0.5	10:13	1.0	5:15	8:19	
17	Sun	4:20	9.0	4:49	9.5	10:31	0.6	11:04	0.9	5:16	8:18	
18	Mon	5:11	8.7	5:37	9.7	11:18	0.7			5:17	8:17	
19	Tue	6:08	8.6	6:31	9.9	12:00	0.7	12:10	0.9	5:18	8:17	
20	Wed	7:10	8.5	7:30	10.2	1:00	0.5	1:08	1.0	5:19	8:16	
21	Thu	8:16	8.5	8:32	10.5	2:04	0.2	2:11	0.9	5:20	8:15	
22	Fri	9:21	8.7	9:34	10.9	3:08	-0.2	3:13	0.6	5:20	8:14	
23	Sat	10:21	9.1	10:33	11.2	4:08	-0.7	4:13	0.3	5:21	8:13	
24	Sun	11:19	9.4	11:31	11.5	5:05	-1.1	5:11	0.0	5:22	8:12	
25	Mon			12:15	9.8	6:00	-1.3	6:08	-0.2	5:24	8:11	
26	Tue	12:27	11.5	1:08	10.0	6:53	-1.4	7:04	-0.4	5:25	8:10	
27	Wed	1:21	11.3	1:59	10.2	7:43	-1.3	7:59	-0.3	5:26	8:09	
28	Thu	2:14	10.9	2:49	10.2	8:32	-0.9	8:53	-0.1	5:27	8:08	
29	Fri	3:07	10.3	3:40	10.1	9:21	-0.4	9:50	0.2	5:28	8:07	
30	Sat	4:03	9.7	4:32	9.9	10:12	0.2	10:48	0.5	5:29	8:06	
31	Sun	5:00	9.0	5:25	9.6	11:03	0.8	11:47	0.8	5:30	8:04	