US HARBORS www.USHarbors.com

Fore River, Portland, ME - Jan 2045

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	**8:26**	10.4	**9:14**	8.9	**2:08**	0.7	**3:02**	-0.7	7:14	4:15	
2	Mon	**9:26**	10.9	**10:08**	9.2	**3:08**	0.3	**3:56**	-1.2	7:14	4:16	
3	Tue	**10:20**	11.3	**11:02**	9.6	**4:02**	-0.1	**4:50**	-1.6	7:14	4:17	
4	Wed	**11:14**	11.5	**11:56**	9.9	**4:56**	-0.4	**5:38**	-1.8	7:14	4:18	
5	Thu			**12:08**	11.5	**5:50**	-0.6	**6:32**	-1.8	7:14	4:19	
6	Fri	**12:50**	10.1	**1:02**	11.3	**6:44**	-0.7	**7:26**	-1.6	7:14	4:20	
7	Sat	**1:38**	10.1	**1:56**	10.8	**7:38**	-0.5	**8:14**	-1.2	7:14	4:21	
8	Sun	**2:32**	10.1	**2:56**	10.1	**8:38**	-0.3	**9:08**	-0.6	7:13	4:22	
9	Mon	**3:32**	9.9	**3:56**	9.4	**9:38**	0.0	**10:02**	0.0	7:13	4:23	
10	Tue	**4:26**	9.7	**4:56**	8.8	**10:44**	0.3	**11:02**	0.6	7:13	4:24	
11	Wed	**5:26**	9.5	**6:02**	8.3	**11:50**	0.5			7:12	4:25	
12	Thu	**6:26**	9.4	**7:08**	8.1	**12:02**	1.1	**12:56**	0.5	7:12	4:26	
13	Fri	**7:20**	9.3	**8:08**	8.0	**1:02**	1.4	**1:56**	0.5	7:11	4:28	
14	Sat	**8:20**	9.3	**9:02**	8.1	**2:02**	1.5	**2:50**	0.4	7:11	4:29	
15	Sun	**9:08**	9.4	**9:50**	8.2	**2:50**	1.4	**3:38**	0.2	7:11	4:30	
16	Mon	**9:50**	9.5	**10:32**	8.3	**3:38**	1.3	**4:20**	0.1	7:10	4:31	
17	Tue	**10:32**	9.6	**11:08**	8.4	**4:20**	1.2	**5:02**	0.1	7:09	4:32	
18	Wed	**11:08**	9.6	**11:44**	8.5	**4:56**	1.1	**5:32**	0.0	7:09	4:34	
19	Thu	**11:44**	9.6			**5:32**	1.0	**6:08**	0.0	7:08	4:35	
20	Fri	**12:20**	8.6	**12:20**	9.5	**6:08**	0.9	**6:38**	0.1	7:07	4:36	
21	Sat	**12:50**	8.7	**12:56**	9.4	**6:44**	0.9	**7:08**	0.2	7:07	4:38	
22	Sun	**1:26**	8.7	**1:32**	9.1	**7:20**	0.9	**7:44**	0.3	7:06	4:39	
23	Mon	**1:56**	8.8	**2:08**	8.8	**8:02**	0.9	**8:20**	0.5	7:05	4:40	
24	Tue	**2:38**	8.9	**2:56**	8.5	**8:44**	0.9	**9:02**	0.8	7:04	4:41	
25	Wed	**3:20**	9.0	**3:44**	8.2	**9:32**	0.9	**9:50**	1.0	7:03	4:43	
26	Thu	**4:08**	9.1	**4:38**	8.0	**10:32**	0.8	**10:38**	1.2	7:02	4:44	
27	Fri	**4:56**	9.2	**5:38**	7.8	**11:32**	0.7	**11:38**	1.2	7:01	4:45	
28	Sat	**6:02**	9.4	**6:50**	7.9			**12:38**	0.5	7:00	4:47	
29	Sun	**7:08**	9.8	**7:56**	8.2	**12:44**	1.1	**1:44**	0.0	6:59	4:48	
30	Mon	**8:08**	10.3	**8:56**	8.7	**1:50**	0.7	**2:44**	-0.6	6:58	4:50	
31	Tue	**9:08**	10.8	**9:56**	9.3	**2:50**	0.2	**3:38**	-1.1	6:57	4:51	