US HARBORS www.USHarbors.com

Fore River, Portland, ME - Mar 2045

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	8:57	10.6	9:37	9.6	2:38	0.1	3:22	-1.0	6:16	5:30	
2	Thu	9:54	11.0	10:28	10.2	3:36	-0.5	4:14	-1.4	6:14	5:31	
3	Fri	10:47	11.2	11:16	10.7	4:30	-1.1	5:02	-1.6	6:13	5:32	
4	Sat	11:38	11.1			5:22	-1.4	5:48	-1.5	6:11	5:34	
5	Sun	12:02	10.9	12:27	10.8	6:12	-1.5	6:34	-1.1	6:09	5:35	
6	Mon	12:47	10.8	1:16	10.2	7:01	-1.3	7:19	-0.6	6:07	5:36	
7	Tue	1:33	10.6	2:06	9.6	7:51	-0.9	8:05	0.1	6:06	5:37	
8	Wed	2:20	10.1	2:59	8.9	8:43	-0.3	8:55	0.8	6:04	5:39	
9	Thu	3:12	9.5	3:56	8.2	9:39	0.3	9:49	1.4	6:02	5:40	
10	Fri	4:08	9.0	4:57	7.8	10:39	0.8	10:48	1.9	6:00	5:41	
11	Sat	5:08	8.6	6:01	7.5	11:44	1.2	11:53	2.1	5:59	5:42	
12	Sun	7:13	8.4	8:05	7.5			1:51	1.3	6:57	6:44	
13	Mon	8:16	8.5	9:01	7.7	2:00	2.1	2:50	1.2	6:55	6:45	
14	Tue	9:12	8.7	9:49	8.1	2:58	1.8	3:39	1.0	6:53	6:46	
15	Wed	9:59	9.0	10:31	8.5	3:47	1.5	4:21	0.7	6:51	6:47	
16	Thu	10:41	9.2	11:08	8.8	4:30	1.1	4:57	0.5	6:50	6:48	
17	Fri	11:19	9.3	11:42	9.2	5:08	0.7	5:29	0.3	6:48	6:50	
18	Sat	11:56	9.4			5:44	0.4	6:01	0.2	6:46	6:51	
19	Sun	12:13	9.5	12:31	9.4	6:19	0.1	6:32	0.2	6:44	6:52	
20	Mon	12:44	9.7	1:06	9.3	6:54	-0.1	7:05	0.3	6:42	6:53	
21	Tue	1:16	9.9	1:43	9.2	7:31	-0.3	7:41	0.4	6:41	6:55	
22	Wed	1:51	9.9	2:22	9.0	8:11	-0.3	8:20	0.6	6:39	6:56	
23	Thu	2:30	9.9	3:07	8.7	8:55	-0.2	9:05	0.8	6:37	6:57	
24	Fri	3:16	9.8	3:59	8.4	9:46	0.0	9:56	1.1	6:35	6:58	
25	Sat	4:10	9.7	4:59	8.2	10:43	0.3	10:55	1.3	6:33	6:59	
26	Sun	5:13	9.5	6:06	8.1	11:47	0.4			6:32	7:01	
27	Mon	6:22	9.5	7:17	8.3	12:01	1.3	12:56	0.4	6:30	7:02	
28	Tue	7:35	9.6	8:25	8.8	1:13	1.2	2:06	0.1	6:28	7:03	
29	Wed	8:44	9.9	9:25	9.4	2:24	0.7	3:08	-0.3	6:26	7:04	
30	Thu	9:45	10.3	10:17	10.1	3:28	0.0	4:02	-0.6	6:24	7:05	
31	Fri	10:40	10.5	11:06	10.6	4:24	-0.6	4:51	-0.9	6:23	7:07	