

Fore River, Portland, ME - Jan 2053

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	7:16	10.3	7:55	9.3	12:55	0.1	1:42	-0.5	7:14	4:15	
2	Thu	8:15	10.8	8:55	9.7	1:55	-0.2	2:41	-1.1	7:14	4:16	
3	Fri	9:11	11.3	9:51	10.0	2:53	-0.5	3:37	-1.6	7:14	4:17	
4	Sat	10:06	11.6	10:47	10.3	3:48	-0.8	4:31	-2.0	7:14	4:18	
5	Sun	11:00	11.8	11:40	10.4	4:43	-1.0	5:24	-2.1	7:14	4:19	
6	Mon	11:54	11.7			5:37	-1.1	6:16	-2.1	7:14	4:20	
7	Tue	12:33	10.4	12:47	11.4	6:31	-0.9	7:07	-1.7	7:13	4:21	
8	Wed	1:25	10.3	1:40	10.8	7:25	-0.6	7:59	-1.3	7:13	4:22	
9	Thu	2:18	10.0	2:36	10.2	8:21	-0.2	8:53	-0.7	7:13	4:23	
10	Fri	3:13	9.8	3:34	9.5	9:20	0.2	9:47	-0.1	7:13	4:24	
11	Sat	4:09	9.5	4:34	9.0	10:21	0.5	10:43	0.5	7:12	4:25	
12	Sun	5:05	9.2	5:34	8.5	11:23	0.8	11:40	0.9	7:12	4:26	
13	Mon	6:02	9.1	6:36	8.2			12:26	0.9	7:11	4:28	
14	Tue	6:59	9.1	7:35	8.1	12:39	1.2	1:26	0.8	7:11	4:29	
15	Wed	7:52	9.1	8:28	8.2	1:35	1.3	2:20	0.6	7:10	4:30	
16	Thu	8:40	9.3	9:15	8.3	2:25	1.2	3:07	0.4	7:10	4:31	
17	Fri	9:23	9.5	9:59	8.5	3:10	1.1	3:49	0.2	7:09	4:32	
18	Sat	10:04	9.6	10:39	8.7	3:51	1.0	4:27	0.0	7:09	4:34	
19	Sun	10:42	9.8	11:16	8.8	4:28	0.8	5:03	-0.1	7:08	4:35	
20	Mon	11:19	9.9	11:51	8.9	5:05	0.7	5:37	-0.2	7:07	4:36	
21	Tue	11:54	9.9			5:41	0.6	6:10	-0.3	7:07	4:38	
22	Wed	12:25	9.0	12:29	9.9	6:17	0.5	6:45	-0.3	7:06	4:39	
23	Thu	12:59	9.1	1:06	9.8	6:56	0.4	7:21	-0.3	7:05	4:40	
24	Fri	1:36	9.2	1:46	9.6	7:37	0.3	8:01	-0.2	7:04	4:42	
25	Sat	2:16	9.3	2:31	9.4	8:23	0.3	8:46	-0.1	7:03	4:43	
26	Sun	3:01	9.5	3:23	9.1	9:14	0.3	9:35	0.1	7:02	4:44	
27	Mon	3:52	9.6	4:20	8.9	10:10	0.3	10:29	0.2	7:01	4:46	
28	Tue	4:48	9.7	5:23	8.7	11:10	0.2	11:28	0.3	7:00	4:47	
29	Wed	5:49	9.9	6:31	8.8			12:16	0.0	6:59	4:48	
30	Thu	6:55	10.1	7:39	9.0	12:32	0.3	1:23	-0.4	6:58	4:50	
31	Fri	7:59	10.5	8:41	9.4	1:37	0.1	2:26	-0.9	6:57	4:51	