

Fore River, Portland, ME - Jan 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	6:42	10.0	7:19	9.1	12:21	0.2	1:06	-0.2	7:14	4:15	
2	Tue	7:41	10.5	8:22	9.3	1:21	0.1	2:08	-0.7	7:14	4:16	
3	Wed	8:38	11.0	9:21	9.6	2:20	-0.1	3:06	-1.2	7:14	4:17	
4	Thu	9:33	11.3	10:17	9.8	3:16	-0.3	4:01	-1.6	7:14	4:18	
5	Fri	10:27	11.5	11:11	9.9	4:10	-0.5	4:55	-1.8	7:14	4:19	
6	Sat	11:21	11.5			5:04	-0.5	5:48	-1.8	7:14	4:20	
7	Sun	12:04	9.9	12:14	11.3	5:58	-0.5	6:39	-1.6	7:13	4:21	
8	Mon	12:55	9.8	1:05	10.8	6:50	-0.2	7:29	-1.2	7:13	4:22	
9	Tue	1:47	9.6	1:58	10.3	7:43	0.1	8:20	-0.7	7:13	4:23	
10	Wed	2:39	9.3	2:53	9.7	8:39	0.5	9:12	-0.1	7:13	4:24	
11	Thu	3:33	9.1	3:49	9.1	9:37	0.8	10:04	0.4	7:12	4:25	
12	Fri	4:26	8.9	4:47	8.5	10:36	1.1	10:57	0.9	7:12	4:26	
13	Sat	5:19	8.8	5:46	8.1	11:37	1.2	11:51	1.3	7:11	4:28	
14	Sun	6:13	8.8	6:47	7.9			12:38	1.2	7:11	4:29	
15	Mon	7:07	8.8	7:44	7.9	12:47	1.5	1:36	1.0	7:10	4:30	
16	Tue	7:58	9.0	8:36	8.0	1:41	1.6	2:27	0.8	7:10	4:31	
17	Wed	8:44	9.2	9:22	8.1	2:29	1.5	3:13	0.5	7:09	4:33	
18	Thu	9:27	9.4	10:05	8.3	3:12	1.4	3:54	0.2	7:09	4:34	
19	Fri	10:07	9.6	10:45	8.5	3:52	1.2	4:33	0.0	7:08	4:35	
20	Sat	10:46	9.8	11:23	8.6	4:31	1.0	5:09	-0.2	7:07	4:36	
21	Sun	11:23	9.9	11:59	8.8	5:08	0.8	5:44	-0.3	7:07	4:38	
22	Mon			12:00	10.0	5:46	0.6	6:20	-0.5	7:06	4:39	
23	Tue	12:34	8.9	12:38	10.1	6:25	0.5	6:57	-0.5	7:05	4:40	
24	Wed	1:11	9.1	1:18	10.0	7:07	0.3	7:37	-0.5	7:04	4:42	
25	Thu	1:51	9.3	2:02	9.8	7:52	0.3	8:20	-0.4	7:03	4:43	
26	Fri	2:35	9.4	2:52	9.5	8:42	0.2	9:07	-0.2	7:02	4:44	
27	Sat	3:23	9.5	3:47	9.2	9:36	0.2	9:59	0.0	7:01	4:46	
28	Sun	4:17	9.7	4:48	8.9	10:35	0.2	10:55	0.3	7:00	4:47	
29	Mon	5:15	9.8	5:54	8.7	11:39	0.1	11:56	0.5	6:59	4:48	
30	Tue	6:18	9.9	7:04	8.7			12:48	-0.1	6:58	4:50	
31	Wed	7:23	10.2	8:11	8.9	1:01	0.5	1:55	-0.5	6:57	4:51	