

Fore River, Portland, ME - Jan 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	10:46	10.0	11:24	8.7	4:34	0.9	5:12	-0.3	7:14	4:15	
2	Sat	11:25	9.9			5:13	0.9	5:50	-0.2	7:14	4:16	
3	Sun	12:03	8.7	12:02	9.8	5:50	1.0	6:26	-0.1	7:14	4:17	
4	Mon	12:40	8.6	12:39	9.6	6:27	1.1	7:01	0.1	7:14	4:18	
5	Tue	1:16	8.5	1:16	9.4	7:04	1.2	7:37	0.3	7:14	4:19	
6	Wed	1:54	8.4	1:55	9.1	7:44	1.3	8:15	0.5	7:14	4:20	
7	Thu	2:33	8.4	2:37	8.8	8:27	1.4	8:56	0.6	7:13	4:21	
8	Fri	3:15	8.4	3:23	8.6	9:14	1.5	9:39	0.8	7:13	4:22	
9	Sat	3:59	8.5	4:14	8.3	10:04	1.4	10:25	1.0	7:13	4:23	
10	Sun	4:46	8.7	5:08	8.2	10:58	1.3	11:15	1.0	7:13	4:24	
11	Mon	5:36	8.9	6:07	8.2	11:55	1.0			7:12	4:25	
12	Tue	6:30	9.3	7:09	8.3	12:09	1.0	12:55	0.6	7:12	4:26	
13	Wed	7:26	9.8	8:08	8.6	1:07	0.8	1:54	0.0	7:11	4:28	
14	Thu	8:21	10.3	9:04	9.0	2:03	0.5	2:50	-0.7	7:11	4:29	
15	Fri	9:15	10.9	9:58	9.4	2:58	0.1	3:43	-1.2	7:10	4:30	
16	Sat	10:08	11.3	10:51	9.8	3:51	-0.4	4:36	-1.7	7:10	4:31	
17	Sun	11:02	11.6	11:44	10.1	4:45	-0.7	5:28	-2.0	7:09	4:32	
18	Mon	11:55	11.7			5:39	-0.9	6:19	-2.0	7:09	4:34	
19	Tue	12:36	10.3	12:49	11.5	6:33	-1.0	7:11	-1.9	7:08	4:35	
20	Wed	1:28	10.3	1:44	11.0	7:28	-0.8	8:03	-1.5	7:07	4:36	
21	Thu	2:23	10.2	2:42	10.4	8:26	-0.5	8:58	-1.0	7:06	4:38	
22	Fri	3:19	10.0	3:42	9.8	9:27	-0.2	9:55	-0.4	7:06	4:39	
23	Sat	4:17	9.8	4:46	9.2	10:31	0.1	10:53	0.2	7:05	4:40	
24	Sun	5:16	9.6	5:50	8.7	11:36	0.3	11:54	0.7	7:04	4:42	
25	Mon	6:17	9.4	6:56	8.4			12:43	0.4	7:03	4:43	
26	Tue	7:16	9.4	7:58	8.3	12:56	1.1	1:46	0.4	7:02	4:44	
27	Wed	8:12	9.4	8:52	8.3	1:55	1.2	2:41	0.2	7:01	4:46	
28	Thu	9:02	9.5	9:40	8.4	2:47	1.1	3:30	0.1	7:00	4:47	
29	Fri	9:47	9.6	10:24	8.5	3:34	1.1	4:13	0.0	6:59	4:48	
30	Sat	10:28	9.7	11:03	8.6	4:15	1.0	4:53	-0.1	6:58	4:50	
31	Sun	11:07	9.7	11:40	8.7	4:54	0.9	5:29	-0.1	6:57	4:51	