

Fore River, Portland, ME - Jan 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	5:43	8.5	6:15	7.6			12:03	1.5	7:14	4:15	
2	Fri	6:33	8.8	7:13	7.7	12:09	1.7	1:01	1.2	7:14	4:16	
3	Sat	7:25	9.2	8:09	7.9	1:03	1.6	1:56	0.7	7:14	4:17	
4	Sun	8:15	9.6	9:00	8.2	1:57	1.4	2:47	0.1	7:14	4:18	
5	Mon	9:05	10.1	9:50	8.6	2:48	1.0	3:36	-0.4	7:14	4:19	
6	Tue	9:55	10.6	10:39	9.0	3:37	0.6	4:25	-0.9	7:14	4:20	
7	Wed	10:45	11.0	11:28	9.3	4:28	0.2	5:14	-1.3	7:13	4:21	
8	Thu	11:36	11.2			5:19	-0.2	6:03	-1.5	7:13	4:22	
9	Fri	12:17	9.6	12:27	11.2	6:10	-0.4	6:51	-1.6	7:13	4:23	
10	Sat	1:07	9.8	1:19	11.0	7:03	-0.5	7:41	-1.4	7:13	4:24	
11	Sun	1:58	10.0	2:14	10.6	7:59	-0.4	8:33	-1.1	7:12	4:25	
12	Mon	2:52	10.0	3:13	10.0	8:58	-0.2	9:27	-0.6	7:12	4:26	
13	Tue	3:49	10.0	4:15	9.4	10:01	-0.1	10:23	0.0	7:11	4:27	
14	Wed	4:46	9.9	5:20	8.8	11:05	0.1	11:22	0.5	7:11	4:29	
15	Thu	5:46	9.7	6:28	8.4			12:13	0.2	7:10	4:30	
16	Fri	6:48	9.6	7:34	8.3	12:25	0.9	1:20	0.2	7:10	4:31	
17	Sat	7:48	9.6	8:35	8.3	1:28	1.2	2:22	0.1	7:09	4:32	
18	Sun	8:43	9.7	9:28	8.3	2:27	1.2	3:16	0.0	7:09	4:33	
19	Mon	9:34	9.7	10:16	8.4	3:19	1.1	4:04	-0.1	7:08	4:35	
20	Tue	10:20	9.8	11:00	8.5	4:05	1.0	4:48	-0.2	7:07	4:36	
21	Wed	11:02	9.8	11:39	8.6	4:48	1.0	5:28	-0.1	7:07	4:37	
22	Thu	11:41	9.7			5:28	0.9	6:04	-0.1	7:06	4:39	
23	Fri	12:16	8.6	12:18	9.6	6:06	0.9	6:38	0.1	7:05	4:40	
24	Sat	12:51	8.6	12:53	9.4	6:42	1.0	7:11	0.2	7:04	4:41	
25	Sun	1:25	8.6	1:30	9.1	7:20	1.0	7:44	0.4	7:03	4:43	
26	Mon	1:59	8.6	2:08	8.7	7:59	1.1	8:19	0.7	7:02	4:44	
27	Tue	2:36	8.6	2:50	8.3	8:42	1.2	8:58	1.0	7:01	4:45	
28	Wed	3:15	8.6	3:37	8.0	9:28	1.3	9:40	1.3	7:00	4:47	
29	Thu	3:58	8.6	4:28	7.7	10:18	1.3	10:27	1.6	6:59	4:48	
30	Fri	4:47	8.6	5:26	7.5	11:13	1.3	11:20	1.7	6:58	4:49	
31	Sat	5:41	8.8	6:29	7.5			12:14	1.1	6:57	4:51	