

Fore River, Portland, ME - Jul 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	11:04	8.9	11:08	10.5	4:50	-0.4	4:52	1.0	5:04	8:26	
2	Thu	11:55	8.9	11:57	10.4	5:40	-0.4	5:41	1.0	5:04	8:26	
3	Fri			12:42	8.9	6:28	-0.4	6:28	1.1	5:05	8:26	
4	Sat	12:43	10.3	1:26	8.8	7:12	-0.2	7:13	1.2	5:05	8:25	
5	Sun	1:26	10.1	2:08	8.8	7:53	0.0	7:56	1.3	5:06	8:25	
6	Mon	2:08	9.8	2:49	8.7	8:33	0.2	8:40	1.4	5:07	8:25	
7	Tue	2:50	9.5	3:31	8.7	9:13	0.5	9:25	1.6	5:07	8:24	
8	Wed	3:34	9.1	4:13	8.7	9:52	0.8	10:12	1.7	5:08	8:24	
9	Thu	4:20	8.7	4:56	8.7	10:33	1.1	11:01	1.8	5:09	8:24	
10	Fri	5:09	8.3	5:39	8.8	11:15	1.4	11:51	1.8	5:10	8:23	
11	Sat	5:59	8.0	6:24	8.8	11:59	1.7			5:10	8:22	
12	Sun	6:53	7.8	7:12	8.9	12:44	1.7	12:47	1.9	5:11	8:22	
13	Mon	7:51	7.7	8:03	9.1	1:40	1.5	1:39	2.0	5:12	8:21	
14	Tue	8:48	7.7	8:55	9.4	2:36	1.2	2:33	1.9	5:13	8:21	
15	Wed	9:41	8.0	9:45	9.8	3:28	0.8	3:25	1.6	5:14	8:20	
16	Thu	10:31	8.3	10:34	10.3	4:18	0.3	4:15	1.3	5:15	8:19	
17	Fri	11:20	8.6	11:23	10.7	5:06	-0.1	5:05	0.9	5:16	8:19	
18	Sat			12:08	9.0	5:54	-0.6	5:56	0.5	5:17	8:18	
19	Sun	12:13	11.0	12:56	9.4	6:41	-0.9	6:47	0.2	5:17	8:17	
20	Mon	1:03	11.1	1:44	9.8	7:28	-1.1	7:39	-0.1	5:18	8:16	
21	Tue	1:54	11.1	2:33	10.1	8:16	-1.1	8:32	-0.2	5:19	8:15	
22	Wed	2:46	10.8	3:24	10.3	9:05	-1.0	9:29	-0.2	5:20	8:14	
23	Thu	3:42	10.3	4:17	10.4	9:56	-0.6	10:28	-0.1	5:21	8:13	
24	Fri	4:41	9.8	5:12	10.3	10:50	-0.2	11:30	0.0	5:22	8:12	
25	Sat	5:43	9.3	6:09	10.2	11:46	0.3			5:23	8:11	
26	Sun	6:48	8.8	7:10	10.1	12:34	0.2	12:45	0.8	5:24	8:10	
27	Mon	7:55	8.5	8:12	10.0	1:41	0.3	1:49	1.2	5:25	8:09	
28	Tue	9:00	8.4	9:12	10.0	2:47	0.2	2:52	1.3	5:26	8:08	
29	Wed	9:58	8.5	10:07	10.1	3:46	0.1	3:49	1.3	5:28	8:07	
30	Thu	10:51	8.6	10:57	10.1	4:39	0.0	4:40	1.2	5:29	8:06	
31	Fri	11:39	8.7	11:43	10.1	5:27	0.0	5:28	1.1	5:30	8:05	