US HARBORS www.USHarbors.com

Portland, ME - Jan 2001

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	3:14	8.3	3:20	8.6	9:10	1.5	9:37	0.8	7:14	4:14	
2	Tue	3:59	8.4	4:10	8.4	10:01	1.5	10:24	0.9	7:14	4:15	
3	Wed	4:46	8.6	5:05	8.3	10:54	1.4	11:13	1.0	7:14	4:16	
4	Thu	5:35	8.8	6:03	8.2	11:51	1.1			7:14	4:17	
5	Fri	6:28	9.2	7:03	8.4	12:06	1.0	12:51	0.6	7:14	4:18	
6	Sat	7:22	9.7	8:02	8.7	1:02	0.8	1:49	0.0	7:14	4:19	
7	Sun	8:16	10.3	8:57	9.1	1:58	0.5	2:44	-0.6	7:14	4:20	
8	Mon	9:08	10.8	9:51	9.4	2:51	0.1	3:37	-1.2	7:13	4:21	
9	Tue	10:01	11.3	10:44	9.8	3:44	-0.3	4:29	-1.6	7:13	4:22	
10	Wed	10:54	11.6	11:37	10.0	4:38	-0.6	5:21	-1.9	7:13	4:24	
11	Thu	11:48	11.7			5:31	-0.8	6:13	-2.0	7:12	4:25	
12	Fri	12:30	10.2	12:42	11.5	6:25	-0.8	7:05	-1.8	7:12	4:26	
13	Sat	1:23	10.2	1:37	11.1	7:21	-0.7	7:59	-1.5	7:12	4:27	
14	Sun	2:18	10.1	2:35	10.5	8:19	-0.4	8:54	-1.0	7:11	4:28	
15	Mon	3:15	9.9	3:36	9.9	9:21	-0.1	9:51	-0.4	7:11	4:29	
16	Tue	4:14	9.8	4:40	9.3	10:25	0.2	10:50	0.1	7:10	4:31	
17	Wed	5:13	9.6	5:44	8.8	11:30	0.3	11:50	0.6	7:10	4:32	
18	Thu	6:12	9.5	6:50	8.5			12:37	0.4	7:09	4:33	
19	Fri	7:11	9.4	7:51	8.4	12:51	0.9	1:40	0.3	7:08	4:34	
20	Sat	8:06	9.5	8:46	8.4	1:50	1.0	2:36	0.2	7:08	4:36	
21	Sun	8:56	9.6	9:35	8.5	2:42	1.1	3:24	0.0	7:07	4:37	
22	Mon	9:41	9.6	10:19	8.5	3:28	1.0	4:08	-0.1	7:06	4:38	
23	Tue	10:23	9.7	10:59	8.6	4:10	0.9	4:48	-0.1	7:05	4:40	
24	Wed	11:01	9.7	11:37	8.7	4:49	0.9	5:25	-0.1	7:04	4:41	
25	Thu	11:38	9.7			5:25	0.8	5:59	-0.1	7:04	4:42	
26	Fri	12:12	8.7	12:13	9.7	6:01	0.8	6:32	0.0	7:03	4:44	
27	Sat	12:46	8.7	12:48	9.5	6:36	0.8	7:05	0.1	7:02	4:45	
28	Sun	1:19	8.7	1:23	9.3	7:13	0.9	7:39	0.2	7:01	4:46	
29	Mon	1:54	8.7	2:02	9.1	7:52	0.9	8:16	0.4	7:00	4:48	
30	Tue	2:31	8.8	2:44	8.8	8:35	0.9	8:56	0.5	6:59	4:49	
31	Wed	3:12	8.8	3:32	8.5	9:23	0.9	9:41	0.7	6:58	4:50	