US HARBORS www.USHarbors.com

Portland, ME - Jan 2004

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	6:22	8.9	6:54	8.0	12:00	1.2	12:46	1.1	7:14	4:14	
2	Fri	7:14	9.0	7:51	8.0	12:55	1.4	1:43	0.9	7:14	4:15	
3	Sat	8:03	9.1	8:41	8.0	1:47	1.5	2:33	0.7	7:14	4:16	
4	Sun	8:48	9.3	9:27	8.1	2:34	1.5	3:18	0.4	7:14	4:17	
5	Mon	9:30	9.4	10:10	8.2	3:17	1.5	3:59	0.3	7:14	4:18	
6	Tue	10:10	9.5	10:50	8.3	3:56	1.4	4:38	0.1	7:14	4:19	
7	Wed	10:48	9.7	11:28	8.4	4:34	1.2	5:15	0.0	7:14	4:20	
8	Thu	11:25	9.8			5:11	1.1	5:50	-0.1	7:13	4:21	
9	Fri	12:04	8.4	12:02	9.8	5:48	1.0	6:25	-0.1	7:13	4:22	
10	Sat	12:40	8.5	12:38	9.8	6:26	1.0	7:01	-0.2	7:13	4:23	
11	Sun	1:16	8.6	1:17	9.7	7:06	0.9	7:39	-0.1	7:13	4:24	
12	Mon	1:54	8.8	2:00	9.6	7:50	0.8	8:20	-0.1	7:12	4:25	
13	Tue	2:36	9.0	2:47	9.3	8:38	0.7	9:05	0.0	7:12	4:26	
14	Wed	3:22	9.2	3:41	9.0	9:31	0.6	9:54	0.2	7:11	4:27	
15	Thu	4:13	9.4	4:39	8.8	10:29	0.5	10:47	0.4	7:11	4:29	
16	Fri	5:07	9.6	5:43	8.6	11:31	0.3	11:46	0.6	7:11	4:30	
17	Sat	6:07	9.9	6:51	8.5			12:37	0.0	7:10	4:31	
18	Sun	7:10	10.2	7:58	8.7	12:49	0.6	1:43	-0.4	7:09	4:32	
19	Mon	8:12	10.5	9:00	9.0	1:52	0.4	2:45	-0.8	7:09	4:33	
20	Tue	9:11	10.8	9:57	9.2	2:52	0.2	3:42	-1.2	7:08	4:35	
21	Wed	10:07	11.1	10:52	9.5	3:49	-0.1	4:37	-1.4	7:07	4:36	
22	Thu	11:02	11.2	11:44	9.6	4:44	-0.3	5:29	-1.5	7:07	4:37	
23	Fri	11:54	11.1			5:37	-0.3	6:18	-1.3	7:06	4:39	
24	Sat	12:33	9.7	12:44	10.8	6:29	-0.3	7:06	-1.1	7:05	4:40	
25	Sun	1:21	9.6	1:34	10.2	7:19	-0.1	7:52	-0.6	7:04	4:41	
26	Mon	2:09	9.4	2:24	9.6	8:11	0.2	8:39	-0.1	7:03	4:43	
27	Tue	2:58	9.2	3:17	9.0	9:05	0.6	9:27	0.5	7:02	4:44	
28	Wed	3:47	9.0	4:12	8.4	10:01	0.9	10:16	1.1	7:01	4:45	
29	Thu	4:38	8.8	5:09	7.9	10:58	1.1	11:08	1.5	7:00	4:47	
30	Fri	5:30	8.6	6:10	7.6	11:58	1.2			6:59	4:48	
31	Sat	6:26	8.5	7:11	7.5	12:04	1.9	1:00	1.2	6:58	4:49	