

































Portland, ME - Mar 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	1:19	10.0	1:46	9.2	7:36	-0.3	7:49	0.2	6:16	5:29	
2	Mon	2:01	10.0	2:35	8.8	8:24	-0.2	8:37	0.5	6:15	5:31	
3	Tue	2:51	9.9	3:31	8.5	9:18	0.0	9:31	0.8	6:13	5:32	
4	Wed	3:48	9.7	4:35	8.2	10:19	0.2	10:32	1.0	6:11	5:33	
5	Thu	4:53	9.6	5:45	8.1	11:27	0.3	11:40	1.1	6:09	5:34	
6	Fri	6:04	9.6	6:59	8.3			12:39	0.2	6:08	5:36	
7	Sat	7:17	9.8	8:05	8.8	12:53	0.9	1:48	-0.1	6:06	5:37	
8	Sun	9:22	10.2	10:02	9.4	3:02	0.4	3:47	-0.6	7:04	6:38	
9	Mon	10:20	10.5	10:54	9.9	4:02	-0.1	4:40	-0.9	7:02	6:39	
10	Tue	11:13	10.7	11:42	10.4	4:57	-0.6	5:28	-1.1	7:01	6:41	
11	Wed			12:03	10.7	5:48	-1.0	6:13	-1.0	6:59	6:42	
12	Thu	12:26	10.6	12:50	10.5	6:36	-1.1	6:56	-0.8	6:57	6:43	
13	Fri	1:09	10.6	1:36	10.1	7:22	-1.0	7:38	-0.4	6:55	6:44	
14	Sat	1:50	10.4	2:21	9.6	8:07	-0.7	8:19	0.1	6:54	6:46	
15	Sun	2:32	10.1	3:07	9.0	8:52	-0.3	9:03	0.7	6:52	6:47	
16	Mon	3:16	9.6	3:56	8.4	9:40	0.2	9:49	1.3	6:50	6:48	
17	Tue	4:04	9.1	4:49	7.9	10:32	0.7	10:40	1.7	6:48	6:49	
18	Wed	4:58	8.7	5:47	7.6	11:28	1.2	11:36	2.1	6:46	6:50	
19	Thu	5:56	8.4	6:48	7.4			12:29	1.4	6:45	6:52	
20	Fri	6:58	8.3	7:49	7.5	12:38	2.2	1:33	1.5	6:43	6:53	
21	Sat	8:00	8.4	8:44	7.8	1:42	2.1	2:31	1.3	6:41	6:54	
22	Sun	8:55	8.6	9:31	8.2	2:40	1.8	3:19	1.0	6:39	6:55	
23	Mon	9:42	8.9	10:12	8.7	3:30	1.4	3:59	0.7	6:37	6:57	
24	Tue	10:25	9.2	10:49	9.1	4:12	0.9	4:36	0.4	6:36	6:58	
25	Wed	11:05	9.5	11:24	9.6	4:52	0.4	5:11	0.2	6:34	6:59	
26	Thu	11:44	9.6	11:59	10.0	5:31	-0.1	5:46	0.0	6:32	7:00	
27	Fri			12:23	9.7	6:10	-0.5	6:22	-0.1	6:30	7:01	
28	Sat	12:35	10.3	1:03	9.7	6:50	-0.7	7:01	-0.1	6:28	7:03	
29	Sun	1:13	10.5	1:45	9.6	7:32	-0.9	7:43	0.0	6:27	7:04	
30	Mon	1:54	10.6	2:31	9.3	8:18	-0.8	8:29	0.2	6:25	7:05	
31	Tue	2:41	10.4	3:23	9.0	9:09	-0.6	9:20	0.5	6:23	7:06	