

































## Portland, ME - Oct 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	9:56	8.8	10:10	9.3	3:44	0.9	3:59	1.0	6:38	6:22	
2	Fri	10:33	9.2	10:49	9.4	4:21	0.7	4:38	0.6	6:40	6:20	
3	Sat	11:07	9.6	11:28	9.5	4:55	0.5	5:15	0.3	6:41	6:18	
4	Sun	11:41	9.9			5:28	0.4	5:52	0.0	6:42	6:16	
5	Mon	12:06	9.5	12:15	10.1	6:03	0.4	6:31	-0.2	6:43	6:15	
6	Tue	12:44	9.5	12:52	10.3	6:41	0.4	7:11	-0.4	6:44	6:13	
7	Wed	1:24	9.4	1:31	10.4	7:20	0.5	7:54	-0.3	6:45	6:11	
8	Thu	2:07	9.2	2:15	10.3	8:04	0.6	8:42	-0.2	6:47	6:09	
9	Fri	2:56	8.9	3:06	10.2	8:53	0.8	9:36	0.0	6:48	6:07	
10	Sat	3:51	8.7	4:04	10.0	9:48	1.0	10:36	0.2	6:49	6:06	
11	Sun	4:54	8.5	5:09	9.8	10:50	1.2	11:40	0.3	6:50	6:04	
12	Mon	6:01	8.6	6:18	9.7	11:57	1.1			6:51	6:02	
13	Tue	7:08	8.9	7:28	9.8	12:47	0.3	1:07	0.9	6:53	6:01	
14	Wed	8:12	9.3	8:34	10.0	1:52	0.1	2:16	0.5	6:54	5:59	
15	Thu	9:09	9.9	9:33	10.2	2:52	-0.1	3:18	0.0	6:55	5:57	
16	Fri	10:00	10.4	10:27	10.3	3:45	-0.3	4:13	-0.5	6:56	5:56	
17	Sat	10:47	10.7	11:18	10.2	4:33	-0.4	5:03	-0.9	6:58	5:54	
18	Sun	11:33	10.9			5:19	-0.3	5:52	-1.0	6:59	5:52	
19	Mon	12:06	10.1	12:17	10.8	6:04	-0.1	6:38	-0.9	7:00	5:51	
20	Tue	12:53	9.8	1:00	10.6	6:48	0.3	7:23	-0.6	7:01	5:49	
21	Wed	1:38	9.4	1:43	10.3	7:31	0.7	8:08	-0.2	7:03	5:48	
22	Thu	2:24	9.0	2:27	9.8	8:15	1.1	8:55	0.3	7:04	5:46	
23	Fri	3:12	8.5	3:15	9.4	9:02	1.5	9:45	0.7	7:05	5:44	
24	Sat	4:03	8.2	4:08	9.0	9:53	1.8	10:38	1.1	7:06	5:43	
25	Sun	4:58	8.0	5:04	8.7	10:48	2.1	11:32	1.3	7:08	5:41	
26	Mon	5:53	7.9	6:02	8.5	11:45	2.2			7:09	5:40	
27	Tue	6:48	8.0	6:59	8.5	12:27	1.4	12:44	2.1	7:10	5:38	
28	Wed	7:40	8.3	7:54	8.5	1:20	1.4	1:42	1.8	7:12	5:37	
29	Thu	8:27	8.6	8:45	8.7	2:09	1.3	2:34	1.4	7:13	5:36	
30	Fri	9:10	9.1	9:31	8.9	2:53	1.1	3:20	0.9	7:14	5:34	
31	Sat	9:48	9.5	10:14	9.1	3:33	0.9	4:02	0.4	7:15	5:33	