
































Portland, ME - Nov 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	9:25	9.9	9:55	9.3	3:11	0.7	3:43	0.0	6:17	4:31	
2	Mon	10:03	10.3	10:37	9.4	3:50	0.5	4:23	-0.4	6:18	4:30	
3	Tue	10:42	10.6	11:20	9.4	4:30	0.4	5:06	-0.7	6:19	4:29	
4	Wed	11:24	10.8			5:12	0.3	5:50	-0.8	6:21	4:28	
5	Thu	12:05	9.4	12:10	10.8	5:57	0.3	6:37	-0.8	6:22	4:26	
6	Fri	12:52	9.3	12:59	10.7	6:45	0.4	7:28	-0.6	6:23	4:25	
7	Sat	1:44	9.1	1:53	10.5	7:38	0.6	8:23	-0.4	6:25	4:24	
8	Sun	2:42	9.0	2:54	10.2	8:37	0.8	9:23	-0.2	6:26	4:23	
9	Mon	3:45	9.0	4:00	9.8	9:41	0.9	10:26	0.0	6:27	4:22	
10	Tue	4:49	9.1	5:08	9.6	10:50	0.9	11:29	0.2	6:28	4:20	
11	Wed	5:52	9.3	6:16	9.5	11:59	0.7			6:30	4:19	
12	Thu	6:53	9.7	7:21	9.5	12:31	0.2	1:07	0.3	6:31	4:18	
13	Fri	7:49	10.1	8:20	9.5	1:30	0.2	2:07	-0.1	6:32	4:17	
14	Sat	8:40	10.4	9:14	9.5	2:24	0.2	3:01	-0.5	6:34	4:16	
15	Sun	9:27	10.6	10:04	9.5	3:13	0.3	3:51	-0.7	6:35	4:15	
16	Mon	10:12	10.6	10:51	9.4	3:59	0.4	4:37	-0.7	6:36	4:14	
17	Tue	10:55	10.5	11:36	9.2	4:43	0.5	5:22	-0.6	6:38	4:14	
18	Wed	11:38	10.3			5:25	0.8	6:04	-0.4	6:39	4:13	
19	Thu	12:19	9.0	12:19	10.0	6:07	1.0	6:46	-0.1	6:40	4:12	
20	Fri	1:01	8.7	1:00	9.7	6:48	1.3	7:28	0.3	6:41	4:11	
21	Sat	1:44	8.4	1:44	9.4	7:31	1.5	8:11	0.6	6:43	4:10	
22	Sun	2:29	8.2	2:30	9.0	8:18	1.7	8:57	0.9	6:44	4:10	
23	Mon	3:18	8.1	3:20	8.7	9:08	1.9	9:44	1.1	6:45	4:09	
24	Tue	4:07	8.1	4:13	8.5	10:01	2.0	10:31	1.3	6:46	4:08	
25	Wed	4:56	8.2	5:07	8.3	10:55	1.9	11:19	1.3	6:47	4:08	
26	Thu	5:44	8.4	6:02	8.2	11:50	1.7			6:49	4:07	
27	Fri	6:32	8.7	6:56	8.3	12:08	1.4	12:45	1.4	6:50	4:07	
28	Sat	7:18	9.1	7:49	8.4	12:57	1.3	1:37	0.9	6:51	4:06	
29	Sun	8:02	9.6	8:37	8.7	1:44	1.1	2:25	0.3	6:52	4:06	
30	Mon	8:46	10.1	9:24	8.9	2:30	0.9	3:11	-0.2	6:53	4:05	