

Biddeford Pool, ME - Aug 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	3:24	10.0	3:54	10.3	9:43	-0.5	10:17	-0.3	5:31	8:03	
2	Mon	4:21	9.6	4:50	10.3	10:38	-0.2	11:19	-0.2	5:32	8:02	
3	Tue	5:22	9.2	5:51	10.2	11:37	0.1			5:33	8:01	
4	Wed	6:29	8.9	6:56	10.2	12:25	-0.2	12:41	0.3	5:34	8:00	
5	Thu	7:38	8.7	8:02	10.2	1:31	-0.2	1:46	0.4	5:35	7:58	
6	Fri	8:45	8.8	9:05	10.3	2:35	-0.3	2:48	0.4	5:36	7:57	
7	Sat	9:46	8.9	10:03	10.3	3:35	-0.4	3:47	0.4	5:37	7:56	
8	Sun	10:41	9.1	10:56	10.3	4:30	-0.5	4:42	0.3	5:38	7:54	
9	Mon	11:31	9.2	11:44	10.2	5:21	-0.6	5:33	0.2	5:40	7:53	
10	Tue			12:16	9.3	6:07	-0.5	6:19	0.2	5:41	7:52	
11	Wed	12:28	10.0	12:57	9.3	6:49	-0.3	7:03	0.3	5:42	7:50	
12	Thu	1:09	9.8	1:35	9.2	7:29	-0.1	7:44	0.4	5:43	7:49	
13	Fri	1:48	9.4	2:12	9.1	8:07	0.2	8:26	0.6	5:44	7:47	
14	Sat	2:27	9.1	2:51	9.0	8:46	0.5	9:08	0.8	5:45	7:46	
15	Sun	3:09	8.7	3:31	8.9	9:26	0.8	9:53	1.0	5:46	7:44	
16	Mon	3:53	8.4	4:15	8.8	10:09	1.2	10:42	1.2	5:47	7:43	
17	Tue	4:41	8.0	5:03	8.6	10:56	1.5	11:36	1.3	5:48	7:41	
18	Wed	5:33	7.7	5:55	8.5	11:48	1.7			5:50	7:40	
19	Thu	6:31	7.5	6:52	8.5	12:33	1.4	12:44	1.9	5:51	7:38	
20	Fri	7:32	7.5	7:49	8.6	1:32	1.3	1:41	1.8	5:52	7:37	
21	Sat	8:29	7.6	8:43	8.9	2:27	1.1	2:35	1.7	5:53	7:35	
22	Sun	9:21	8.0	9:33	9.2	3:17	0.8	3:25	1.3	5:54	7:33	
23	Mon	10:08	8.4	10:20	9.6	4:04	0.5	4:13	0.9	5:55	7:32	
24	Tue	10:51	8.9	11:05	10.0	4:49	0.1	4:59	0.5	5:56	7:30	
25	Wed	11:34	9.4	11:50	10.3	5:31	-0.3	5:45	-0.1	5:57	7:28	
26	Thu			12:16	10.0	6:13	-0.6	6:31	-0.5	5:58	7:27	
27	Fri	12:35	10.5	1:01	10.4	6:56	-0.8	7:18	-0.8	6:00	7:25	
28	Sat	1:23	10.5	1:48	10.7	7:41	-0.9	8:09	-1.0	6:01	7:23	
29	Sun	2:13	10.4	2:38	10.8	8:30	-0.8	9:02	-1.0	6:02	7:22	
30	Mon	3:08	10.1	3:32	10.7	9:21	-0.5	10:00	-0.8	6:03	7:20	
31	Tue	4:05	9.6	4:30	10.5	10:18	-0.2	11:02	-0.5	6:04	7:18	