

Biddeford Pool, ME - Nov 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	6:47	9.0	7:10	8.9	12:29	0.3	12:59	0.8	6:17	4:32	
2	Tue	7:43	9.1	8:07	8.8	1:26	0.4	1:56	0.6	6:18	4:31	
3	Wed	8:33	9.2	8:58	8.7	2:17	0.6	2:47	0.5	6:19	4:30	
4	Thu	9:17	9.3	9:43	8.7	3:03	0.7	3:33	0.4	6:21	4:28	
5	Fri	9:56	9.3	10:23	8.6	3:45	0.8	4:15	0.3	6:22	4:27	
6	Sat	10:30	9.3	10:59	8.5	4:24	1.0	4:53	0.3	6:23	4:26	
7	Sun	11:02	9.3	11:32	8.4	4:59	1.1	5:29	0.3	6:25	4:25	
8	Mon	11:34	9.3			5:34	1.2	6:04	0.3	6:26	4:24	
9	Tue	12:05	8.3	12:07	9.3	6:08	1.3	6:40	0.4	6:27	4:22	
10	Wed	12:40	8.3	12:44	9.2	6:44	1.4	7:18	0.4	6:28	4:21	
11	Thu	1:19	8.2	1:24	9.2	7:23	1.5	7:59	0.5	6:30	4:20	
12	Fri	2:02	8.2	2:10	9.1	8:06	1.6	8:44	0.6	6:31	4:19	
13	Sat	2:50	8.2	3:00	8.9	8:56	1.6	9:34	0.7	6:32	4:18	
14	Sun	3:41	8.3	3:54	8.8	9:52	1.6	10:28	0.7	6:34	4:17	
15	Mon	4:36	8.5	4:53	8.8	10:53	1.4	11:24	0.6	6:35	4:16	
16	Tue	5:33	8.8	5:55	8.9	11:56	1.0			6:36	4:15	
17	Wed	6:31	9.3	6:58	9.0	12:21	0.5	12:56	0.5	6:37	4:15	
18	Thu	7:27	9.9	7:58	9.3	1:17	0.2	1:54	-0.1	6:39	4:14	
19	Fri	8:21	10.5	8:55	9.6	2:10	0.0	2:49	-0.8	6:40	4:13	
20	Sat	9:14	11.0	9:50	9.9	3:03	-0.3	3:43	-1.3	6:41	4:12	
21	Sun	10:05	11.4	10:43	10.0	3:55	-0.5	4:36	-1.7	6:43	4:11	
22	Mon	10:56	11.6	11:35	10.1	4:47	-0.6	5:28	-1.9	6:44	4:11	
23	Tue	11:47	11.6			5:39	-0.6	6:19	-1.8	6:45	4:10	
24	Wed	12:27	10.0	12:40	11.3	6:31	-0.5	7:12	-1.6	6:46	4:09	
25	Thu	1:21	9.8	1:34	10.9	7:26	-0.2	8:05	-1.2	6:47	4:09	
26	Fri	2:17	9.6	2:31	10.3	8:22	0.1	9:00	-0.7	6:49	4:08	
27	Sat	3:14	9.4	3:29	9.8	9:21	0.5	9:56	-0.3	6:50	4:08	
28	Sun	4:12	9.2	4:30	9.2	10:23	0.8	10:54	0.2	6:51	4:07	
29	Mon	5:11	9.0	5:33	8.7	11:26	0.9	11:52	0.5	6:52	4:07	
30	Tue	6:10	9.0	6:35	8.4			12:28	0.9	6:53	4:06	