

































Biddeford Pool, ME - Jan 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	1:30	8.8	1:39	9.7	7:35	0.9	8:09	-0.1	7:14	4:15	
2	Tue	2:17	9.1	2:30	9.6	8:26	0.7	8:55	0.0	7:14	4:16	
3	Wed	3:06	9.3	3:25	9.3	9:22	0.6	9:46	0.2	7:14	4:17	
4	Thu	3:59	9.6	4:24	8.9	10:23	0.5	10:42	0.4	7:14	4:18	
5	Fri	4:56	9.8	5:28	8.6	11:27	0.3	11:42	0.6	7:14	4:19	
6	Sat	5:56	9.9	6:37	8.5			12:33	0.1	7:14	4:20	
7	Sun	6:59	10.2	7:44	8.5	12:44	0.7	1:37	-0.2	7:13	4:21	
8	Mon	8:01	10.4	8:47	8.6	1:45	0.7	2:38	-0.5	7:13	4:22	
9	Tue	9:01	10.6	9:46	8.8	2:45	0.6	3:36	-0.7	7:13	4:23	
10	Wed	9:57	10.7	10:40	9.0	3:42	0.5	4:31	-0.9	7:13	4:24	
11	Thu	10:49	10.7	11:29	9.1	4:37	0.4	5:21	-0.9	7:12	4:25	
12	Fri	11:38	10.6			5:28	0.3	6:08	-0.9	7:12	4:27	
13	Sat	12:16	9.2	12:25	10.3	6:17	0.3	6:52	-0.6	7:12	4:28	
14	Sun	1:01	9.2	1:11	9.9	7:04	0.4	7:36	-0.3	7:11	4:29	
15	Mon	1:45	9.1	1:56	9.5	7:52	0.6	8:19	0.1	7:11	4:30	
16	Tue	2:29	9.0	2:43	9.0	8:40	0.8	9:02	0.5	7:10	4:31	
17	Wed	3:13	8.9	3:31	8.4	9:30	1.1	9:48	1.0	7:10	4:33	
18	Thu	3:59	8.7	4:22	8.0	10:22	1.3	10:36	1.4	7:09	4:34	
19	Fri	4:48	8.6	5:18	7.6	11:19	1.4	11:29	1.8	7:08	4:35	
20	Sat	5:41	8.5	6:18	7.3			12:17	1.4	7:08	4:36	
21	Sun	6:36	8.5	7:18	7.2	12:23	2.0	1:14	1.4	7:07	4:38	
22	Mon	7:30	8.6	8:14	7.3	1:17	2.1	2:07	1.2	7:06	4:39	
23	Tue	8:21	8.8	9:04	7.4	2:08	2.0	2:57	1.0	7:05	4:40	
24	Wed	9:07	9.0	9:48	7.7	2:56	1.9	3:43	0.7	7:05	4:42	
25	Thu	9:50	9.3	10:28	8.0	3:42	1.6	4:25	0.4	7:04	4:43	
26	Fri	10:30	9.6	11:06	8.4	4:24	1.3	5:04	0.1	7:03	4:44	
27	Sat	11:10	9.9	11:43	8.8	5:05	1.0	5:42	-0.2	7:02	4:45	
28	Sun	11:51	10.1			5:47	0.6	6:20	-0.4	7:01	4:47	
29	Mon	12:23	9.2	12:35	10.1	6:31	0.3	7:00	-0.5	7:00	4:48	
30	Tue	1:05	9.6	1:21	10.0	7:17	0.0	7:43	-0.4	6:59	4:49	
31	Wed	1:51	9.9	2:12	9.8	8:08	-0.1	8:29	-0.2	6:58	4:51	