

































Biddeford Pool, ME - Jul 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	6:48	8.0	7:14	8.9	12:44	1.1	12:58	1.2	5:04	8:26	
2	Mon	7:47	7.7	8:06	8.8	1:41	1.1	1:50	1.5	5:04	8:25	
3	Tue	8:44	7.6	8:56	8.8	2:36	1.0	2:41	1.7	5:05	8:25	
4	Wed	9:36	7.5	9:43	8.9	3:27	0.9	3:29	1.8	5:06	8:25	
5	Thu	10:24	7.6	10:26	9.0	4:15	0.8	4:15	1.8	5:06	8:25	
6	Fri	11:07	7.6	11:06	9.1	5:00	0.7	4:58	1.8	5:07	8:24	
7	Sat	11:45	7.7	11:44	9.3	5:41	0.6	5:38	1.7	5:08	8:24	
8	Sun			12:21	7.9	6:19	0.5	6:17	1.6	5:08	8:24	
9	Mon	12:20	9.4	12:56	8.1	6:55	0.3	6:55	1.4	5:09	8:23	
10	Tue	12:57	9.5	1:33	8.3	7:32	0.2	7:34	1.2	5:10	8:23	
11	Wed	1:37	9.5	2:12	8.6	8:09	0.1	8:17	1.0	5:11	8:22	
12	Thu	2:20	9.5	2:54	8.9	8:48	0.1	9:04	0.9	5:11	8:22	
13	Fri	3:06	9.4	3:40	9.2	9:31	0.1	9:55	0.7	5:12	8:21	
14	Sat	3:57	9.2	4:29	9.5	10:17	0.3	10:51	0.6	5:13	8:21	
15	Sun	4:52	8.9	5:22	9.7	11:08	0.5	11:52	0.4	5:14	8:20	
16	Mon	5:52	8.6	6:20	9.9			12:05	0.7	5:15	8:19	
17	Tue	6:57	8.4	7:21	10.0	12:56	0.2	1:06	0.8	5:16	8:18	
18	Wed	8:05	8.4	8:24	10.3	2:01	0.0	2:09	0.8	5:17	8:18	
19	Thu	9:10	8.5	9:26	10.5	3:04	-0.3	3:10	0.7	5:17	8:17	
20	Fri	10:12	8.7	10:25	10.7	4:04	-0.6	4:10	0.5	5:18	8:16	
21	Sat	11:09	9.0	11:20	10.9	5:00	-0.9	5:07	0.3	5:19	8:15	
22	Sun			12:01	9.2	5:53	-1.0	6:01	0.1	5:20	8:14	
23	Mon	12:12	10.8	12:50	9.4	6:42	-1.0	6:53	0.0	5:21	8:13	
24	Tue	1:02	10.6	1:38	9.5	7:29	-0.9	7:42	0.1	5:22	8:13	
25	Wed	1:50	10.3	2:24	9.5	8:14	-0.6	8:32	0.2	5:23	8:12	
26	Thu	2:38	9.8	3:10	9.4	8:59	-0.2	9:21	0.4	5:24	8:11	
27	Fri	3:26	9.2	3:55	9.2	9:44	0.3	10:12	0.7	5:25	8:10	
28	Sat	4:15	8.7	4:42	9.0	10:30	0.8	11:05	1.0	5:26	8:08	
29	Sun	5:07	8.2	5:31	8.8	11:19	1.2			5:27	8:07	
30	Mon	6:02	7.7	6:24	8.6	12:00	1.2	12:11	1.6	5:28	8:06	
31	Tue	7:02	7.4	7:20	8.5	12:59	1.3	1:07	1.9	5:29	8:05	