

Biddeford, Saco River, ME - Jan 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	4:40	8.5	5:03	7.9	11:07	1.6	11:20	1.5	7:14	4:15	
2	Fri	5:31	8.7	6:02	7.7			12:06	1.3	7:14	4:16	
3	Sat	6:25	9.0	7:03	7.8	12:14	1.6	1:04	0.9	7:14	4:17	
4	Sun	7:20	9.4	8:02	7.9	1:08	1.5	2:00	0.4	7:14	4:18	
5	Mon	8:14	9.9	8:59	8.2	2:02	1.3	2:54	-0.1	7:14	4:19	
6	Tue	9:08	10.3	9:53	8.6	2:56	1.0	3:48	-0.5	7:14	4:20	
7	Wed	10:01	10.8	10:45	9.0	3:50	0.7	4:40	-1.0	7:14	4:21	
8	Thu	10:54	11.1	11:36	9.4	4:43	0.3	5:30	-1.3	7:13	4:22	
9	Fri	11:46	11.3			5:37	-0.1	6:20	-1.5	7:13	4:23	
10	Sat	12:27	9.7	12:39	11.2	6:30	-0.3	7:10	-1.5	7:13	4:24	
11	Sun	1:19	9.9	1:34	10.9	7:26	-0.4	8:01	-1.2	7:13	4:25	
12	Mon	2:12	10.1	2:30	10.4	8:23	-0.3	8:53	-0.8	7:12	4:27	
13	Tue	3:06	10.1	3:28	9.7	9:22	-0.2	9:47	-0.3	7:12	4:28	
14	Wed	4:02	10.0	4:29	9.1	10:24	0.1	10:43	0.2	7:11	4:29	
15	Thu	5:00	9.8	5:33	8.5	11:27	0.3	11:42	0.7	7:11	4:30	
16	Fri	6:00	9.6	6:39	8.1			12:32	0.4	7:10	4:31	
17	Sat	7:00	9.4	7:43	7.9	12:42	1.1	1:33	0.5	7:10	4:33	
18	Sun	7:58	9.3	8:42	7.8	1:40	1.4	2:30	0.5	7:09	4:34	
19	Mon	8:51	9.3	9:34	7.8	2:34	1.6	3:23	0.5	7:09	4:35	
20	Tue	9:39	9.2	10:19	7.8	3:25	1.6	4:10	0.5	7:08	4:36	
21	Wed	10:22	9.2	10:59	7.8	4:10	1.6	4:52	0.5	7:07	4:38	
22	Thu	10:59	9.2	11:34	7.9	4:51	1.6	5:29	0.5	7:07	4:39	
23	Fri	11:33	9.2			5:28	1.5	6:04	0.5	7:06	4:40	
24	Sat	12:06	8.0	12:07	9.2	6:04	1.5	6:37	0.5	7:05	4:41	
25	Sun	12:38	8.2	12:41	9.1	6:41	1.4	7:10	0.6	7:04	4:43	
26	Mon	1:11	8.4	1:18	9.0	7:18	1.3	7:44	0.7	7:03	4:44	
27	Tue	1:47	8.5	1:59	8.8	7:58	1.2	8:20	0.8	7:02	4:45	
28	Wed	2:26	8.7	2:43	8.5	8:42	1.2	8:59	1.1	7:01	4:47	
29	Thu	3:09	8.8	3:31	8.2	9:31	1.2	9:43	1.3	7:00	4:48	
30	Fri	3:55	8.9	4:25	7.9	10:25	1.2	10:34	1.5	6:59	4:49	
31	Sat	4:48	9.0	5:25	7.7	11:26	1.1	11:32	1.6	6:58	4:51	