US HARBORS www.USHarbors.com

Cape Porpoise, ME - Jul 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	**6:58**	7.8	**7:22**	8.7	**12:52**	1.2	**1:02**	1.4	5:04	8:26	
2	Mon	**7:57**	7.6	**8:14**	8.7	**1:52**	1.2	**1:55**	1.7	5:05	8:25	
3	Tue	**8:54**	7.5	**9:05**	8.8	**2:49**	1.1	**2:48**	1.8	5:06	8:25	
4	Wed	**9:47**	7.5	**9:52**	8.9	**3:41**	1.0	**3:37**	1.8	5:06	8:25	
5	Thu	**10:34**	7.6	**10:36**	9.0	**4:27**	0.8	**4:22**	1.7	5:07	8:25	
6	Fri	**11:19**	7.7	**11:18**	9.2	**5:10**	0.6	**5:04**	1.6	5:07	8:24	
7	Sat			**12:00**	7.9	**5:50**	0.4	**5:44**	1.4	5:08	8:24	
8	Sun			**12:40**	8.0	**6:27**	0.3	**6:23**	1.3	5:09	8:24	
9	Mon	**12:36**	9.4	**1:17**	8.2	**7:03**	0.1	**7:02**	1.2	5:10	8:23	
10	Tue	**1:14**	9.5	**1:53**	8.4	**7:39**	0.0	**7:42**	1.0	5:10	8:23	
11	Wed	**1:52**	9.5	**2:29**	8.6	**8:15**	-0.1	**8:24**	0.8	5:11	8:22	
12	Thu	**2:32**	9.4	**3:08**	8.9	**8:53**	-0.1	**9:09**	0.7	5:12	8:22	
13	Fri	**3:16**	9.3	**3:50**	9.1	**9:35**	-0.1	**9:59**	0.6	5:13	8:21	
14	Sat	**4:05**	9.1	**4:37**	9.4	**10:20**	0.0	**10:52**	0.4	5:14	8:21	
15	Sun	**4:58**	8.8	**5:27**	9.5	**11:09**	0.2	**11:49**	0.3	5:14	8:20	
16	Mon	**5:56**	8.5	**6:22**	9.7			**12:02**	0.4	5:15	8:19	
17	Tue	**6:59**	8.3	**7:21**	9.8	**12:50**	0.2	**1:00**	0.6	5:16	8:19	
18	Wed	**8:06**	8.3	**8:25**	10.0	**1:56**	0.1	**2:03**	0.7	5:17	8:18	
19	Thu	**9:13**	8.4	**9:27**	10.3	**3:02**	-0.2	**3:07**	0.6	5:18	8:17	
20	Fri	**10:15**	8.6	**10:27**	10.5	**4:03**	-0.5	**4:08**	0.4	5:19	8:16	
21	Sat	**11:13**	8.8	**11:24**	10.6	**5:01**	-0.8	**5:06**	0.2	5:20	8:15	
22	Sun			**12:08**	9.1	**5:55**	-1.0	**6:02**	0.1	5:21	8:14	
23	Mon	**12:18**	10.6	**12:59**	9.3	**6:46**	-1.0	**6:55**	0.0	5:22	8:14	
24	Tue	**1:10**	10.5	**1:48**	9.3	**7:34**	-0.9	**7:47**	0.1	5:23	8:13	
25	Wed	**1:59**	10.1	**2:34**	9.3	**8:20**	-0.6	**8:37**	0.2	5:24	8:12	
26	Thu	**2:48**	9.6	**3:20**	9.2	**9:05**	-0.2	**9:28**	0.5	5:25	8:11	
27	Fri	**3:37**	9.1	**4:07**	9.0	**9:50**	0.3	**10:20**	0.7	5:26	8:10	
28	Sat	**4:29**	8.5	**4:55**	8.8	**10:36**	0.8	**11:13**	1.0	5:27	8:09	
29	Sun	**5:22**	8.0	**5:44**	8.6	**11:24**	1.3			5:28	8:07	
30	Mon	**6:17**	7.6	**6:35**	8.5	**12:08**	1.2	**12:14**	1.7	5:29	8:06	
31	Tue	**7:15**	7.3	**7:29**	8.4	**1:06**	1.4	**1:08**	1.9	5:30	8:05	