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# Ellsworth and Union River, ME - Aug 1976

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sun | **3:09** | 11.9 | **3:41** | 12.3 | **9:27** | -0.8 | **10:01** | -0.6 | 5:20 | 7:59 | |
| 2 | Mon | **4:08** | 11.5 | **4:38** | 12.2 | **10:21** | -0.4 | **11:02** | -0.5 | 5:21 | 7:57 | |
| 3 | Tue | **5:11** | 11.1 | **5:40** | 12.1 | **11:20** | -0.1 | | | 5:22 | 7:56 | |
| 4 | Wed | **6:18** | 10.7 | **6:46** | 12.0 | **12:08** | -0.3 | **12:24** | 0.3 | 5:24 | 7:55 | |
| 5 | Thu | **7:29** | 10.5 | **7:53** | 12.0 | **1:19** | -0.3 | **1:34** | 0.4 | 5:25 | 7:53 | |
| 6 | Fri | **8:35** | 10.6 | **8:55** | 12.1 | **2:28** | -0.5 | **2:41** | 0.4 | 5:26 | 7:52 | |
| 7 | Sat | **9:35** | 10.7 | **9:53** | 12.2 | **3:28** | -0.6 | **3:41** | 0.3 | 5:27 | 7:51 | |
| 8 | Sun | **10:30** | 10.9 | **10:46** | 12.2 | **4:24** | -0.8 | **4:37** | 0.2 | 5:28 | 7:49 | |
| 9 | Mon | **11:21** | 11.1 | **11:36** | 12.1 | **5:15** | -0.8 | **5:28** | 0.1 | 5:29 | 7:48 | |
| 10 | Tue | | | **12:07** | 11.1 | **6:02** | -0.7 | **6:15** | 0.1 | 5:30 | 7:46 | |
| 11 | Wed | **12:21** | 11.9 | **12:49** | 11.1 | **6:43** | -0.6 | **6:56** | 0.2 | 5:32 | 7:45 | |
| 12 | Thu | **1:02** | 11.6 | **1:27** | 11.1 | **7:21** | -0.3 | **7:35** | 0.4 | 5:33 | 7:43 | |
| 13 | Fri | **1:40** | 11.3 | **2:04** | 11.0 | **7:56** | 0.1 | **8:13** | 0.5 | 5:34 | 7:42 | |
| 14 | Sat | **2:19** | 10.9 | **2:42** | 10.8 | **8:31** | 0.4 | **8:53** | 0.7 | 5:35 | 7:40 | |
| 15 | Sun | **3:00** | 10.5 | **3:22** | 10.6 | **9:10** | 0.8 | **9:37** | 1.0 | 5:36 | 7:39 | |
| 16 | Mon | **3:43** | 10.0 | **4:05** | 10.4 | **9:52** | 1.2 | **10:25** | 1.2 | 5:37 | 7:37 | |
| 17 | Tue | **4:31** | 9.6 | **4:52** | 10.3 | **10:38** | 1.5 | **11:16** | 1.4 | 5:39 | 7:36 | |
| 18 | Wed | **5:23** | 9.3 | **5:43** | 10.1 | **11:27** | 1.8 | | | 5:40 | 7:34 | |
| 19 | Thu | **6:21** | 9.0 | **6:41** | 10.1 | **12:13** | 1.5 | **12:22** | 2.1 | 5:41 | 7:32 | |
| 20 | Fri | **7:25** | 9.0 | **7:41** | 10.2 | **1:16** | 1.5 | **1:23** | 2.1 | 5:42 | 7:31 | |
| 21 | Sat | **8:23** | 9.2 | **8:36** | 10.5 | **2:16** | 1.3 | **2:20** | 1.9 | 5:43 | 7:29 | |
| 22 | Sun | **9:13** | 9.5 | **9:24** | 10.9 | **3:06** | 0.9 | **3:11** | 1.5 | 5:44 | 7:27 | |
| 23 | Mon | **9:59** | 10.0 | **10:10** | 11.3 | **3:51** | 0.5 | **3:58** | 1.0 | 5:46 | 7:26 | |
| 24 | Tue | **10:43** | 10.6 | **10:56** | 11.8 | **4:34** | 0.0 | **4:44** | 0.5 | 5:47 | 7:24 | |
| 25 | Wed | **11:25** | 11.2 | **11:41** | 12.2 | **5:16** | -0.4 | **5:30** | -0.2 | 5:48 | 7:22 | |
| 26 | Thu | | | **12:07** | 11.9 | **5:58** | -0.8 | **6:16** | -0.7 | 5:49 | 7:21 | |
| 27 | Fri | **12:25** | 12.5 | **12:50** | 12.4 | **6:41** | -1.1 | **7:03** | -1.1 | 5:50 | 7:19 | |
| 28 | Sat | **1:11** | 12.5 | **1:35** | 12.7 | **7:25** | -1.2 | **7:52** | -1.3 | 5:51 | 7:17 | |
| 29 | Sun | **2:00** | 12.4 | **2:24** | 12.8 | **8:13** | -1.1 | **8:45** | -1.3 | 5:53 | 7:15 | |
| 30 | Mon | **2:55** | 12.0 | **3:19** | 12.7 | **9:05** | -0.8 | **9:43** | -1.1 | 5:54 | 7:14 | |
| 31 | Tue | **3:55** | 11.6 | **4:19** | 12.5 | **10:02** | -0.4 | **10:46** | -0.8 | 5:55 | 7:12 | |