

Fore River, Portland, ME - Aug 1969

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	1:53	11.1	2:29	10.3	8:12	-1.1	8:32	-0.3	5:30	8:04	
2	Sat	2:46	10.6	3:20	10.2	9:02	-0.7	9:28	-0.1	5:31	8:03	
3	Sun	3:42	10.0	4:12	10.0	9:52	-0.1	10:26	0.3	5:32	8:02	
4	Mon	4:39	9.3	5:05	9.8	10:44	0.5	11:25	0.6	5:33	8:00	
5	Tue	5:37	8.7	5:59	9.5	11:37	1.1			5:34	7:59	
6	Wed	6:38	8.2	6:55	9.2	12:26	0.9	12:33	1.6	5:35	7:58	
7	Thu	7:40	7.9	7:54	9.1	1:29	1.1	1:33	2.0	5:36	7:56	
8	Fri	8:40	7.8	8:50	9.1	2:30	1.1	2:32	2.0	5:37	7:55	
9	Sat	9:34	7.9	9:41	9.3	3:26	1.0	3:25	1.9	5:39	7:54	
10	Sun	10:22	8.0	10:27	9.4	4:14	0.8	4:12	1.8	5:40	7:52	
11	Mon	11:05	8.3	11:09	9.6	4:57	0.6	4:54	1.5	5:41	7:51	
12	Tue	11:45	8.5	11:48	9.7	5:35	0.5	5:33	1.3	5:42	7:49	
13	Wed			12:22	8.7	6:10	0.3	6:10	1.2	5:43	7:48	
14	Thu	12:24	9.8	12:56	8.9	6:43	0.2	6:47	1.0	5:44	7:46	
15	Fri	1:00	9.8	1:28	9.1	7:14	0.2	7:23	0.8	5:45	7:45	
16	Sat	1:34	9.7	2:00	9.3	7:46	0.2	8:01	0.7	5:46	7:43	
17	Sun	2:11	9.5	2:34	9.5	8:21	0.3	8:42	0.6	5:47	7:42	
18	Mon	2:50	9.3	3:12	9.6	8:58	0.4	9:26	0.5	5:49	7:40	
19	Tue	3:35	9.0	3:55	9.7	9:41	0.7	10:16	0.5	5:50	7:39	
20	Wed	4:26	8.7	4:45	9.8	10:29	0.9	11:12	0.5	5:51	7:37	
21	Thu	5:22	8.4	5:41	9.8	11:23	1.1			5:52	7:36	
22	Fri	6:25	8.2	6:44	9.9	12:13	0.6	12:23	1.2	5:53	7:34	
23	Sat	7:35	8.3	7:52	10.1	1:20	0.5	1:29	1.1	5:54	7:32	
24	Sun	8:44	8.5	8:59	10.5	2:29	0.2	2:37	0.8	5:55	7:31	
25	Mon	9:46	9.0	10:00	10.9	3:32	-0.3	3:40	0.4	5:56	7:29	
26	Tue	10:43	9.5	10:58	11.1	4:29	-0.7	4:39	-0.1	5:58	7:27	
27	Wed	11:36	10.0	11:52	11.2	5:22	-1.1	5:34	-0.5	5:59	7:26	
28	Thu			12:26	10.3	6:11	-1.2	6:28	-0.7	6:00	7:24	
29	Fri	12:44	11.1	1:13	10.5	6:59	-1.1	7:19	-0.7	6:01	7:22	
30	Sat	1:34	10.7	1:59	10.5	7:44	-0.7	8:09	-0.6	6:02	7:20	
31	Sun	2:23	10.2	2:45	10.3	8:30	-0.2	9:01	-0.2	6:03	7:19	