

Fore River, Portland, ME - Nov 1969

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	3:51	7.8	3:54	8.6	9:37	2.3	10:24	1.4	6:17	4:32	
2	Sun	4:46	7.7	4:51	8.4	10:34	2.4	11:18	1.5	6:18	4:31	
3	Mon	5:40	7.8	5:48	8.4	11:33	2.3			6:19	4:29	
4	Tue	6:32	8.1	6:44	8.5	12:11	1.5	12:31	2.0	6:20	4:28	
5	Wed	7:20	8.5	7:36	8.7	1:01	1.3	1:24	1.6	6:22	4:27	
6	Thu	8:02	9.0	8:23	8.9	1:45	1.1	2:12	1.0	6:23	4:26	
7	Fri	8:41	9.6	9:07	9.1	2:26	0.8	2:55	0.4	6:24	4:24	
8	Sat	9:19	10.1	9:50	9.3	3:05	0.6	3:37	-0.2	6:26	4:23	
9	Sun	9:58	10.5	10:33	9.5	3:45	0.4	4:19	-0.6	6:27	4:22	
10	Mon	10:39	10.8	11:18	9.5	4:27	0.3	5:04	-0.9	6:28	4:21	
11	Tue	11:23	11.0			5:11	0.2	5:50	-1.1	6:30	4:20	
12	Wed	12:05	9.5	12:10	11.0	5:57	0.3	6:39	-1.0	6:31	4:19	
13	Thu	12:54	9.3	1:01	10.8	6:47	0.4	7:31	-0.8	6:32	4:18	
14	Fri	1:48	9.1	1:57	10.5	7:41	0.6	8:29	-0.5	6:34	4:17	
15	Sat	2:49	8.9	2:59	10.2	8:42	0.9	9:31	-0.2	6:35	4:16	
16	Sun	3:53	8.9	4:07	9.8	9:48	1.0	10:34	0.1	6:36	4:15	
17	Mon	4:59	9.0	5:16	9.5	10:58	1.0	11:38	0.2	6:37	4:14	
18	Tue	6:02	9.2	6:24	9.4			12:08	0.9	6:39	4:13	
19	Wed	7:03	9.6	7:29	9.3	12:41	0.3	1:16	0.5	6:40	4:12	
20	Thu	7:57	9.9	8:27	9.3	1:38	0.4	2:15	0.1	6:41	4:12	
21	Fri	8:47	10.2	9:20	9.3	2:30	0.4	3:08	-0.3	6:42	4:11	
22	Sat	9:32	10.3	10:08	9.2	3:18	0.5	3:56	-0.5	6:44	4:10	
23	Sun	10:15	10.3	10:54	9.1	4:02	0.7	4:41	-0.5	6:45	4:09	
24	Mon	10:56	10.2	11:37	8.9	4:44	0.9	5:23	-0.4	6:46	4:09	
25	Tue	11:36	10.1			5:24	1.1	6:04	-0.2	6:47	4:08	
26	Wed	12:18	8.7	12:16	9.8	6:04	1.3	6:44	0.1	6:49	4:08	
27	Thu	12:59	8.5	12:56	9.5	6:44	1.5	7:24	0.4	6:50	4:07	
28	Fri	1:40	8.2	1:38	9.3	7:25	1.7	8:06	0.7	6:51	4:07	
29	Sat	2:24	8.1	2:23	9.0	8:10	1.9	8:51	0.9	6:52	4:06	
30	Sun	3:11	8.0	3:12	8.7	8:59	2.1	9:37	1.1	6:53	4:06	