

Fore River, Portland, ME - Dec 1969

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	4:00	8.0	4:03	8.5	9:51	2.1	10:24	1.2	6:54	4:05	
2	Tue	4:48	8.1	4:56	8.3	10:44	2.0	11:11	1.3	6:55	4:05	
3	Wed	5:35	8.4	5:51	8.2	11:39	1.8	11:59	1.3	6:56	4:05	
4	Thu	6:23	8.7	6:46	8.3			12:35	1.4	6:57	4:04	
5	Fri	7:09	9.2	7:40	8.5	12:49	1.2	1:28	0.8	6:59	4:04	
6	Sat	7:55	9.7	8:30	8.7	1:37	1.0	2:19	0.2	7:00	4:04	
7	Sun	8:40	10.2	9:19	9.0	2:25	0.7	3:07	-0.4	7:00	4:04	
8	Mon	9:26	10.7	10:08	9.2	3:12	0.5	3:54	-0.9	7:01	4:04	
9	Tue	10:14	11.1	10:58	9.4	3:59	0.2	4:44	-1.2	7:02	4:04	
10	Wed	11:04	11.3	11:49	9.5	4:49	0.0	5:34	-1.4	7:03	4:04	
11	Thu	11:56	11.3			5:40	0.0	6:26	-1.4	7:04	4:04	
12	Fri	12:42	9.5	12:50	11.2	6:34	0.0	7:19	-1.2	7:05	4:04	
13	Sat	1:36	9.5	1:46	10.8	7:30	0.1	8:14	-0.9	7:06	4:04	
14	Sun	2:35	9.4	2:47	10.3	8:31	0.3	9:13	-0.6	7:07	4:04	
15	Mon	3:35	9.4	3:52	9.8	9:36	0.5	10:12	-0.2	7:07	4:05	
16	Tue	4:36	9.4	4:58	9.3	10:43	0.6	11:12	0.2	7:08	4:05	
17	Wed	5:37	9.5	6:04	8.9	11:51	0.6			7:09	4:05	
18	Thu	6:36	9.6	7:10	8.7	12:12	0.6	12:58	0.4	7:09	4:06	
19	Fri	7:32	9.7	8:11	8.6	1:12	0.8	1:59	0.2	7:10	4:06	
20	Sat	8:24	9.8	9:05	8.6	2:08	1.0	2:53	0.0	7:10	4:06	
21	Sun	9:12	9.9	9:54	8.6	2:58	1.1	3:42	-0.2	7:11	4:07	
22	Mon	9:57	9.9	10:39	8.6	3:44	1.1	4:27	-0.2	7:11	4:07	
23	Tue	10:39	9.9	11:21	8.5	4:26	1.2	5:08	-0.2	7:12	4:08	
24	Wed	11:19	9.8			5:06	1.2	5:47	-0.1	7:12	4:08	
25	Thu	12:00	8.5	11:58 AM	9.7	5:45	1.3	6:24	0.1	7:13	4:09	
26	Fri	12:37	8.4	12:35	9.6	6:22	1.3	7:00	0.2	7:13	4:10	
27	Sat	1:14	8.4	1:12	9.4	7:00	1.4	7:36	0.4	7:13	4:10	
28	Sun	1:52	8.3	1:51	9.1	7:40	1.5	8:13	0.5	7:14	4:11	
29	Mon	2:31	8.3	2:33	8.9	8:23	1.6	8:52	0.7	7:14	4:12	
30	Tue	3:12	8.4	3:18	8.6	9:09	1.6	9:34	0.9	7:14	4:13	
31	Wed	3:54	8.5	4:08	8.3	9:59	1.5	10:14	1.2	7:14	4:13	