

Fore River, Portland, ME - Jan 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	4:35	8.6	4:58	8.0	10:49	1.4	11:02	1.3	7:14	4:14	
2	Fri	5:23	8.9	5:56	7.9	11:45	1.2	11:55	1.4	7:14	4:15	
3	Sat	6:16	9.2	6:58	8.0			12:45	0.8	7:14	4:16	
4	Sun	7:13	9.6	7:59	8.2	12:52	1.2	1:45	0.3	7:14	4:17	
5	Mon	8:09	10.1	8:55	8.6	1:50	1.0	2:42	-0.3	7:14	4:18	
6	Tue	9:03	10.6	9:50	9.0	2:46	0.5	3:36	-0.9	7:14	4:19	
7	Wed	9:58	11.1	10:43	9.4	3:40	0.1	4:28	-1.4	7:14	4:20	
8	Thu	10:52	11.4	11:36	9.7	4:34	-0.3	5:21	-1.7	7:14	4:21	
9	Fri	11:46	11.5			5:28	-0.6	6:12	-1.8	7:13	4:22	
10	Sat	12:27	10.0	12:39	11.4	6:23	-0.7	7:02	-1.7	7:13	4:23	
11	Sun	1:19	10.1	1:33	11.0	7:18	-0.6	7:53	-1.4	7:13	4:24	
12	Mon	2:12	10.1	2:30	10.4	8:15	-0.5	8:46	-0.9	7:12	4:26	
13	Tue	3:07	10.0	3:30	9.7	9:16	-0.2	9:41	-0.3	7:12	4:27	
14	Wed	4:03	9.9	4:32	9.1	10:18	0.1	10:37	0.3	7:12	4:28	
15	Thu	5:01	9.7	5:36	8.5	11:23	0.3	11:36	0.9	7:11	4:29	
16	Fri	6:00	9.5	6:42	8.2			12:29	0.5	7:11	4:30	
17	Sat	7:00	9.3	7:46	8.0	12:39	1.3	1:34	0.5	7:10	4:32	
18	Sun	7:58	9.3	8:43	8.0	1:40	1.5	2:31	0.4	7:09	4:33	
19	Mon	8:50	9.4	9:32	8.1	2:35	1.5	3:22	0.2	7:09	4:34	
20	Tue	9:37	9.5	10:17	8.2	3:23	1.4	4:07	0.1	7:08	4:35	
21	Wed	10:20	9.6	10:58	8.4	4:06	1.2	4:48	0.1	7:07	4:37	
22	Thu	10:59	9.6	11:35	8.5	4:46	1.1	5:24	0.0	7:07	4:38	
23	Fri	11:36	9.6			5:23	1.0	5:58	0.0	7:06	4:39	
24	Sat	12:09	8.6	12:11	9.6	5:58	0.9	6:29	0.1	7:05	4:41	
25	Sun	12:42	8.7	12:45	9.4	6:34	0.9	7:00	0.2	7:04	4:42	
26	Mon	1:14	8.7	1:20	9.2	7:10	0.9	7:33	0.3	7:03	4:43	
27	Tue	1:47	8.8	1:57	8.9	7:48	0.9	8:08	0.5	7:02	4:45	
28	Wed	2:22	8.9	2:38	8.5	8:30	0.9	8:47	0.8	7:01	4:46	
29	Thu	3:02	8.9	3:25	8.2	9:17	0.9	9:30	1.0	7:00	4:47	
30	Fri	3:47	9.0	4:18	7.9	10:09	0.9	10:20	1.2	6:59	4:49	
31	Sat	4:38	9.1	5:17	7.7	11:06	0.9	11:16	1.4	6:58	4:50	