

Fore River, Portland, ME - Mar 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	4:06	9.3	4:52	7.8	10:38	0.6	10:49	1.4	6:17	5:29	
2	Mon	5:09	9.3	6:02	7.8	11:45	0.6	11:56	1.3	6:16	5:30	
3	Tue	6:19	9.5	7:14	8.1			12:56	0.3	6:14	5:31	
4	Wed	7:29	9.9	8:18	8.7	1:07	1.0	2:02	-0.2	6:12	5:33	
5	Thu	8:33	10.4	9:15	9.4	2:14	0.4	3:00	-0.8	6:11	5:34	
6	Fri	9:31	10.9	10:07	10.1	3:13	-0.3	3:52	-1.2	6:09	5:35	
7	Sat	10:25	11.1	10:56	10.6	4:09	-0.9	4:42	-1.5	6:07	5:36	
8	Sun	11:17	11.2	11:43	10.9	5:01	-1.4	5:29	-1.6	6:05	5:38	
9	Mon			12:07	10.9	5:52	-1.6	6:15	-1.3	6:04	5:39	
10	Tue	12:29	11.0	12:56	10.5	6:42	-1.5	7:00	-0.8	6:02	5:40	
11	Wed	1:14	10.8	1:46	9.9	7:32	-1.2	7:47	-0.2	6:00	5:41	
12	Thu	2:01	10.4	2:39	9.2	8:23	-0.6	8:36	0.5	5:58	5:43	
13	Fri	2:52	9.8	3:36	8.5	9:19	0.0	9:29	1.2	5:57	5:44	
14	Sat	3:47	9.3	4:36	8.0	10:18	0.6	10:28	1.8	5:55	5:45	
15	Sun	4:48	8.8	5:40	7.6	11:22	1.1	11:32	2.1	5:53	5:46	
16	Mon	5:52	8.5	6:45	7.5			12:29	1.3	5:51	5:48	
17	Tue	6:57	8.5	7:44	7.7	12:39	2.1	1:32	1.2	5:49	5:49	
18	Wed	7:56	8.6	8:35	8.0	1:42	1.9	2:25	1.0	5:48	5:50	
19	Thu	8:45	8.9	9:18	8.4	2:34	1.6	3:09	0.8	5:46	5:51	
20	Fri	9:29	9.1	9:56	8.8	3:18	1.2	3:46	0.6	5:44	5:52	
21	Sat	10:08	9.3	10:31	9.1	3:57	0.8	4:20	0.4	5:42	5:54	
22	Sun	10:45	9.3	11:03	9.4	4:34	0.5	4:51	0.3	5:40	5:55	
23	Mon	11:21	9.3	11:34	9.6	5:08	0.2	5:22	0.3	5:39	5:56	
24	Tue	11:56	9.3			5:43	0.0	5:54	0.4	5:37	5:57	
25	Wed	12:05	9.8	12:31	9.1	6:18	-0.1	6:28	0.5	5:35	5:58	
26	Thu	12:38	9.9	1:08	9.0	6:56	-0.2	7:05	0.6	5:33	6:00	
27	Fri	1:14	9.9	1:50	8.7	7:38	-0.1	7:47	0.9	5:31	6:01	
28	Sat	1:57	9.8	2:38	8.4	8:25	0.1	8:35	1.1	5:30	6:02	
29	Sun	2:48	9.6	3:35	8.2	9:20	0.3	9:31	1.3	5:28	6:03	
30	Mon	3:47	9.5	4:39	8.0	10:21	0.4	10:34	1.4	5:26	6:04	
31	Tue	4:53	9.4	5:49	8.1	11:28	0.5	11:44	1.3	5:24	6:06	