

Fore River, Portland, ME - May 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	8:01	9.6	8:40	9.7	1:46	0.7	2:19	0.1	5:33	7:42	
2	Sat	9:04	9.7	9:33	10.3	2:51	0.2	3:15	-0.1	5:32	7:44	
3	Sun	10:01	9.9	10:22	10.7	3:49	-0.4	4:06	-0.1	5:30	7:45	
4	Mon	10:55	9.9	11:08	10.9	4:41	-0.8	4:54	-0.1	5:29	7:46	
5	Tue	11:45	9.8	11:54	10.9	5:31	-1.1	5:40	0.1	5:28	7:47	
6	Wed			12:33	9.6	6:18	-1.1	6:25	0.4	5:26	7:48	
7	Thu	12:38	10.8	1:19	9.4	7:04	-0.9	7:09	0.7	5:25	7:49	
8	Fri	1:21	10.5	2:05	9.0	7:49	-0.5	7:53	1.1	5:24	7:51	
9	Sat	2:05	10.1	2:51	8.7	8:34	-0.1	8:38	1.5	5:22	7:52	
10	Sun	2:51	9.6	3:40	8.3	9:21	0.4	9:27	1.8	5:21	7:53	
11	Mon	3:40	9.2	4:31	8.1	10:11	0.8	10:19	2.1	5:20	7:54	
12	Tue	4:33	8.8	5:24	8.0	11:02	1.1	11:14	2.2	5:19	7:55	
13	Wed	5:28	8.5	6:16	8.1	11:53	1.3			5:18	7:56	
14	Thu	6:24	8.3	7:07	8.2	12:11	2.2	12:44	1.5	5:17	7:57	
15	Fri	7:20	8.2	7:57	8.5	1:10	2.1	1:34	1.5	5:16	7:58	
16	Sat	8:15	8.3	8:42	8.9	2:06	1.8	2:22	1.5	5:14	7:59	
17	Sun	9:06	8.4	9:23	9.3	2:57	1.3	3:05	1.3	5:13	8:01	
18	Mon	9:52	8.5	10:02	9.7	3:42	0.9	3:46	1.2	5:12	8:02	
19	Tue	10:37	8.7	10:41	10.1	4:24	0.4	4:27	1.1	5:11	8:03	
20	Wed	11:20	8.9	11:22	10.4	5:06	-0.1	5:08	0.9	5:11	8:04	
21	Thu			12:04	9.0	5:49	-0.4	5:52	0.8	5:10	8:05	
22	Fri	12:05	10.6	12:50	9.1	6:34	-0.6	6:37	0.7	5:09	8:06	
23	Sat	12:50	10.8	1:37	9.1	7:20	-0.8	7:25	0.7	5:08	8:07	
24	Sun	1:39	10.8	2:26	9.1	8:09	-0.7	8:17	0.7	5:07	8:08	
25	Mon	2:31	10.7	3:21	9.1	9:02	-0.6	9:13	0.8	5:06	8:09	
26	Tue	3:27	10.4	4:20	9.2	9:58	-0.5	10:14	0.9	5:06	8:10	
27	Wed	4:29	10.1	5:20	9.3	10:56	-0.3	11:19	0.9	5:05	8:11	
28	Thu	5:33	9.8	6:19	9.5	11:54	0.0			5:04	8:11	
29	Fri	6:39	9.5	7:19	9.8	12:25	0.8	12:54	0.2	5:04	8:12	
30	Sat	7:45	9.3	8:16	10.1	1:32	0.5	1:53	0.3	5:03	8:13	
31	Sun	8:48	9.2	9:10	10.4	2:37	0.1	2:50	0.5	5:02	8:14	