

Fore River, Portland, ME - Jul 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	10:25	8.6	10:31	10.1	4:13	0.0	4:15	1.3	5:03	8:26	
2	Thu	11:15	8.6	11:18	10.1	5:03	-0.1	5:02	1.3	5:03	8:26	
3	Fri			12:01	8.6	5:49	0.0	5:47	1.3	5:04	8:26	
4	Sat	12:02	10.0	12:44	8.6	6:32	0.0	6:29	1.4	5:04	8:25	
5	Sun	12:43	10.0	1:24	8.6	7:11	0.1	7:10	1.4	5:05	8:25	
6	Mon	1:23	9.8	2:02	8.6	7:48	0.2	7:49	1.5	5:06	8:25	
7	Tue	2:01	9.6	2:40	8.6	8:24	0.4	8:29	1.5	5:06	8:24	
8	Wed	2:40	9.4	3:18	8.7	9:00	0.6	9:11	1.6	5:07	8:24	
9	Thu	3:20	9.1	3:57	8.7	9:37	0.8	9:56	1.6	5:08	8:24	
10	Fri	4:04	8.7	4:37	8.8	10:16	1.0	10:42	1.6	5:09	8:23	
11	Sat	4:50	8.4	5:19	8.9	10:57	1.2	11:31	1.6	5:09	8:23	
12	Sun	5:39	8.1	6:03	9.0	11:42	1.4			5:10	8:22	
13	Mon	6:33	7.9	6:52	9.2	12:23	1.4	12:30	1.6	5:11	8:22	
14	Tue	7:31	7.9	7:46	9.5	1:20	1.2	1:24	1.6	5:12	8:21	
15	Wed	8:31	8.0	8:42	9.9	2:19	0.9	2:21	1.5	5:13	8:20	
16	Thu	9:28	8.3	9:37	10.4	3:16	0.4	3:17	1.2	5:14	8:20	
17	Fri	10:23	8.6	10:31	10.8	4:11	-0.1	4:12	0.8	5:14	8:19	
18	Sat	11:17	9.1	11:25	11.2	5:04	-0.6	5:07	0.3	5:15	8:18	
19	Sun			12:10	9.5	5:55	-1.1	6:01	0.0	5:16	8:17	
20	Mon	12:19	11.4	1:02	9.9	6:46	-1.4	6:56	-0.3	5:17	8:17	
21	Tue	1:13	11.5	1:53	10.2	7:36	-1.4	7:51	-0.4	5:18	8:16	
22	Wed	2:06	11.2	2:45	10.4	8:26	-1.3	8:47	-0.4	5:19	8:15	
23	Thu	3:02	10.8	3:38	10.5	9:18	-1.0	9:46	-0.3	5:20	8:14	
24	Fri	4:00	10.2	4:33	10.4	10:11	-0.5	10:47	-0.1	5:21	8:13	
25	Sat	5:00	9.6	5:29	10.2	11:06	0.1	11:50	0.2	5:22	8:12	
26	Sun	6:03	9.0	6:27	10.0			12:03	0.7	5:23	8:11	
27	Mon	7:08	8.6	7:27	9.8	12:54	0.4	1:03	1.2	5:24	8:10	
28	Tue	8:13	8.3	8:28	9.7	2:00	0.5	2:06	1.5	5:25	8:09	
29	Wed	9:14	8.2	9:24	9.7	3:03	0.5	3:06	1.6	5:26	8:08	
30	Thu	10:08	8.3	10:15	9.8	3:58	0.4	3:59	1.5	5:27	8:07	
31	Fri	10:57	8.4	11:02	9.8	4:47	0.3	4:46	1.4	5:28	8:06	