

Fore River, Portland, ME - Aug 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	11:41	8.5	11:44	9.8	5:31	0.3	5:30	1.3	5:29	8:04	
2	Sun			12:21	8.6	6:10	0.2	6:10	1.2	5:31	8:03	
3	Mon	12:23	9.8	12:57	8.7	6:46	0.3	6:47	1.2	5:32	8:02	
4	Tue	1:00	9.7	1:31	8.9	7:19	0.3	7:24	1.1	5:33	8:01	
5	Wed	1:35	9.6	2:04	8.9	7:50	0.4	8:00	1.1	5:34	7:59	
6	Thu	2:10	9.3	2:37	9.0	8:22	0.6	8:38	1.1	5:35	7:58	
7	Fri	2:47	9.0	3:12	9.1	8:56	0.8	9:18	1.2	5:36	7:57	
8	Sat	3:27	8.7	3:49	9.1	9:33	1.0	10:02	1.2	5:37	7:55	
9	Sun	4:11	8.4	4:31	9.1	10:14	1.3	10:51	1.2	5:38	7:54	
10	Mon	5:00	8.1	5:18	9.2	11:00	1.5	11:44	1.2	5:39	7:53	
11	Tue	5:54	7.9	6:11	9.3	11:51	1.6			5:40	7:51	
12	Wed	6:54	7.8	7:11	9.5	12:42	1.1	12:49	1.6	5:42	7:50	
13	Thu	8:00	8.0	8:14	9.9	1:46	0.8	1:52	1.4	5:43	7:48	
14	Fri	9:03	8.3	9:16	10.4	2:50	0.4	2:55	1.0	5:44	7:47	
15	Sat	10:01	8.9	10:13	10.9	3:48	-0.2	3:54	0.4	5:45	7:45	
16	Sun	10:55	9.5	11:09	11.3	4:42	-0.8	4:50	-0.1	5:46	7:44	
17	Mon	11:48	10.0			5:34	-1.2	5:46	-0.6	5:47	7:42	
18	Tue	12:03	11.5	12:39	10.5	6:24	-1.5	6:40	-0.9	5:48	7:41	
19	Wed	12:56	11.5	1:28	10.8	7:12	-1.5	7:34	-1.1	5:49	7:39	
20	Thu	1:49	11.2	2:17	10.9	8:01	-1.2	8:28	-1.0	5:51	7:37	
21	Fri	2:43	10.6	3:08	10.8	8:51	-0.7	9:24	-0.7	5:52	7:36	
22	Sat	3:39	10.0	4:02	10.5	9:43	-0.1	10:23	-0.3	5:53	7:34	
23	Sun	4:39	9.3	4:59	10.1	10:38	0.6	11:26	0.2	5:54	7:33	
24	Mon	5:41	8.7	5:59	9.7	11:37	1.1			5:55	7:31	
25	Tue	6:46	8.3	7:02	9.4	12:30	0.6	12:40	1.6	5:56	7:29	
26	Wed	7:51	8.1	8:06	9.3	1:38	0.8	1:45	1.8	5:57	7:28	
27	Thu	8:52	8.1	9:05	9.3	2:41	0.9	2:47	1.7	5:58	7:26	
28	Fri	9:46	8.2	9:55	9.5	3:36	0.8	3:41	1.6	6:00	7:24	
29	Sat	10:32	8.4	10:40	9.6	4:23	0.6	4:27	1.3	6:01	7:23	
30	Sun	11:13	8.7	11:21	9.7	5:04	0.5	5:08	1.1	6:02	7:21	
31	Mon	11:50	8.9	11:58	9.7	5:41	0.4	5:46	1.0	6:03	7:19	