

Fore River, Portland, ME - Jan 1975

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	12:55	10.3	1:09	11.2	6:54	-0.8	7:29	-1.6	7:14	4:14	
2	Thu	1:47	10.3	2:03	10.8	7:49	-0.7	8:21	-1.3	7:14	4:15	
3	Fri	2:41	10.3	3:02	10.2	8:47	-0.5	9:16	-0.8	7:14	4:16	
4	Sat	3:39	10.2	4:05	9.7	9:50	-0.2	10:14	-0.3	7:14	4:17	
5	Sun	4:38	10.1	5:10	9.2	10:55	0.0	11:14	0.2	7:14	4:18	
6	Mon	5:39	9.9	6:17	8.8			12:02	0.1	7:14	4:19	
7	Tue	6:42	9.9	7:24	8.6	12:18	0.6	1:10	0.1	7:14	4:20	
8	Wed	7:42	9.9	8:24	8.6	1:22	0.7	2:12	-0.1	7:14	4:21	
9	Thu	8:38	10.0	9:18	8.7	2:20	0.8	3:06	-0.2	7:13	4:22	
10	Fri	9:28	10.0	10:06	8.8	3:12	0.7	3:55	-0.3	7:13	4:23	
11	Sat	10:13	10.0	10:50	8.9	3:59	0.7	4:39	-0.4	7:13	4:24	
12	Sun	10:56	10.0	11:31	8.9	4:42	0.6	5:19	-0.4	7:13	4:25	
13	Mon	11:35	9.9			5:23	0.6	5:56	-0.3	7:12	4:26	
14	Tue	12:08	8.9	12:12	9.8	6:01	0.6	6:30	-0.1	7:12	4:28	
15	Wed	12:44	8.9	12:48	9.5	6:38	0.7	7:04	0.1	7:11	4:29	
16	Thu	1:19	8.9	1:25	9.2	7:15	0.8	7:38	0.3	7:11	4:30	
17	Fri	1:55	8.9	2:04	8.9	7:55	1.0	8:15	0.5	7:10	4:31	
18	Sat	2:32	8.8	2:46	8.5	8:37	1.1	8:54	0.8	7:10	4:33	
19	Sun	3:13	8.7	3:33	8.2	9:24	1.2	9:38	1.1	7:09	4:34	
20	Mon	3:58	8.7	4:24	7.9	10:14	1.2	10:25	1.3	7:08	4:35	
21	Tue	4:47	8.8	5:20	7.8	11:08	1.2	11:18	1.4	7:08	4:36	
22	Wed	5:40	8.9	6:21	7.8			12:07	1.0	7:07	4:38	
23	Thu	6:39	9.2	7:23	8.0	12:15	1.3	1:09	0.6	7:06	4:39	
24	Fri	7:37	9.7	8:21	8.5	1:16	1.0	2:07	0.0	7:05	4:40	
25	Sat	8:33	10.3	9:14	9.0	2:13	0.5	3:01	-0.6	7:04	4:42	
26	Sun	9:26	10.9	10:05	9.6	3:08	-0.1	3:51	-1.2	7:04	4:43	
27	Mon	10:18	11.3	10:55	10.2	4:01	-0.6	4:41	-1.7	7:03	4:44	
28	Tue	11:10	11.6	11:45	10.6	4:53	-1.1	5:30	-2.0	7:02	4:46	
29	Wed			12:02	11.6	5:46	-1.4	6:19	-2.1	7:01	4:47	
30	Thu	12:34	10.9	12:54	11.3	6:38	-1.5	7:08	-1.9	7:00	4:48	
31	Fri	1:24	10.9	1:47	10.8	7:32	-1.4	7:58	-1.4	6:59	4:50	