

Fore River, Portland, ME - Jan 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	10:29	10.8	11:08	9.6	4:13	-0.1	4:54	-1.1	7:14	4:14	●
2	Fri	11:17	10.7	11:55	9.5	5:02	0.0	5:40	-1.0	7:14	4:15	●
3	Sat			12:02	10.5	5:48	0.1	6:24	-0.8	7:14	4:16	●
4	Sun	12:38	9.4	12:46	10.2	6:33	0.3	7:05	-0.5	7:14	4:17	●
5	Mon	1:21	9.3	1:29	9.7	7:17	0.5	7:47	-0.1	7:14	4:18	◐
6	Tue	2:04	9.1	2:13	9.3	8:03	0.8	8:28	0.3	7:14	4:19	◑
7	Wed	2:48	8.9	3:01	8.8	8:50	1.1	9:12	0.7	7:14	4:20	◑
8	Thu	3:34	8.7	3:51	8.3	9:40	1.3	9:57	1.1	7:14	4:21	◑
9	Fri	4:21	8.6	4:44	8.0	10:33	1.4	10:45	1.4	7:14	4:22	◑
10	Sat	5:11	8.6	5:40	7.7	11:28	1.5	11:37	1.6	7:13	4:23	◑
11	Sun	6:03	8.6	6:39	7.7			12:27	1.4	7:13	4:24	◑
12	Mon	6:57	8.8	7:36	7.8	12:31	1.7	1:24	1.1	7:13	4:25	◑
13	Tue	7:48	9.1	8:27	8.0	1:26	1.5	2:15	0.7	7:12	4:26	○
14	Wed	8:35	9.5	9:14	8.4	2:16	1.2	3:01	0.2	7:12	4:27	○
15	Thu	9:20	9.9	9:58	8.8	3:02	0.9	3:44	-0.2	7:11	4:29	○
16	Fri	10:04	10.3	10:41	9.2	3:47	0.4	4:26	-0.7	7:11	4:30	○
17	Sat	10:48	10.7	11:23	9.6	4:32	0.0	5:09	-1.1	7:10	4:31	○
18	Sun	11:33	10.9			5:17	-0.4	5:52	-1.4	7:10	4:32	○
19	Mon	12:07	10.0	12:18	11.0	6:04	-0.7	6:36	-1.5	7:09	4:33	○
20	Tue	12:51	10.2	1:06	10.8	6:53	-0.8	7:22	-1.4	7:08	4:35	○
21	Wed	1:38	10.4	1:57	10.5	7:44	-0.8	8:11	-1.1	7:08	4:36	○
22	Thu	2:29	10.4	2:53	10.0	8:39	-0.6	9:04	-0.7	7:07	4:37	○
23	Fri	3:24	10.3	3:54	9.5	9:39	-0.4	10:01	-0.3	7:06	4:39	○
24	Sat	4:23	10.1	4:59	9.1	10:43	-0.2	11:01	0.2	7:05	4:40	◐
25	Sun	5:26	10.0	6:07	8.7	11:51	0.0			7:05	4:41	◐
26	Mon	6:32	9.9	7:17	8.7	12:07	0.5	1:01	-0.1	7:04	4:43	◐
27	Tue	7:37	10.0	8:20	8.8	1:14	0.6	2:06	-0.3	7:03	4:44	◑
28	Wed	8:36	10.1	9:17	9.0	2:17	0.5	3:03	-0.5	7:02	4:45	◑
29	Thu	9:29	10.3	10:07	9.2	3:13	0.3	3:54	-0.7	7:01	4:47	◑
30	Fri	10:18	10.3	10:53	9.3	4:03	0.2	4:41	-0.7	7:00	4:48	◑
31	Sat	11:03	10.3	11:35	9.4	4:49	0.1	5:23	-0.7	6:59	4:49	●