

Fore River, Portland, ME - Mar 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	11:26	9.8	11:47	9.5	5:14	0.0	5:36	-0.2	6:16	5:29	
2	Tue			12:02	9.6	5:51	0.0	6:09	0.0	6:15	5:31	
3	Wed	12:21	9.5	12:38	9.4	6:26	0.1	6:41	0.2	6:13	5:32	
4	Thu	12:53	9.4	1:13	9.1	7:02	0.2	7:14	0.5	6:11	5:33	
5	Fri	1:27	9.3	1:51	8.8	7:39	0.4	7:50	0.8	6:10	5:35	
6	Sat	2:03	9.1	2:31	8.4	8:19	0.6	8:30	1.1	6:08	5:36	
7	Sun	2:43	9.0	3:17	8.1	9:03	0.8	9:14	1.4	6:06	5:37	
8	Mon	3:29	8.8	4:07	7.8	9:52	1.0	10:03	1.6	6:04	5:38	
9	Tue	4:21	8.7	5:03	7.7	10:46	1.1	10:58	1.6	6:03	5:40	
10	Wed	5:17	8.7	6:03	7.8	11:44	1.1	11:58	1.5	6:01	5:41	
11	Thu	6:19	9.0	7:04	8.2			12:46	0.8	5:59	5:42	
12	Fri	7:20	9.4	8:00	8.8	1:00	1.1	1:44	0.3	5:57	5:43	
13	Sat	8:17	9.9	8:52	9.5	2:00	0.5	2:37	-0.3	5:56	5:45	
14	Sun	9:10	10.5	9:40	10.2	2:54	-0.3	3:26	-0.9	5:54	5:46	
15	Mon	10:02	10.9	10:28	10.9	3:46	-1.0	4:14	-1.4	5:52	5:47	
16	Tue	10:52	11.2	11:16	11.3	4:37	-1.6	5:01	-1.7	5:50	5:48	
17	Wed	11:43	11.2			5:27	-2.0	5:49	-1.7	5:48	5:49	
18	Thu	12:04	11.6	12:34	11.0	6:18	-2.1	6:38	-1.5	5:47	5:51	
19	Fri	12:53	11.5	1:27	10.6	7:11	-1.9	7:29	-1.1	5:45	5:52	
20	Sat	1:45	11.2	2:23	10.1	8:06	-1.5	8:24	-0.5	5:43	5:53	
21	Sun	2:41	10.7	3:24	9.5	9:05	-0.9	9:23	0.1	5:41	5:54	
22	Mon	3:43	10.2	4:29	9.0	10:08	-0.4	10:27	0.7	5:39	5:55	
23	Tue	4:48	9.7	5:36	8.7	11:15	0.1	11:36	1.0	5:38	5:57	
24	Wed	5:56	9.4	6:43	8.6			12:24	0.4	5:36	5:58	
25	Thu	7:03	9.2	7:45	8.7	12:46	1.1	1:29	0.4	5:34	5:59	
26	Fri	8:04	9.3	8:38	9.0	1:50	0.9	2:25	0.4	5:32	6:00	
27	Sat	8:56	9.4	9:24	9.2	2:45	0.7	3:13	0.3	5:30	6:01	
28	Sun	9:43	9.4	10:05	9.4	3:32	0.4	3:54	0.2	5:29	6:03	
29	Mon	10:24	9.5	10:42	9.6	4:14	0.2	4:32	0.3	5:27	6:04	
30	Tue	11:03	9.4	11:17	9.7	4:52	0.1	5:06	0.3	5:25	6:05	
31	Wed	11:40	9.3	11:50	9.7	5:28	0.0	5:38	0.5	5:23	6:06	