

Fore River, Portland, ME - Jun 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	1:40	10.1	2:21	8.9	8:04	-0.1	8:11	1.0	5:02	8:15	
2	Wed	2:21	10.0	3:03	9.0	8:45	-0.1	8:57	1.0	5:01	8:16	
3	Thu	3:06	9.9	3:49	9.2	9:30	-0.1	9:47	0.9	5:01	8:17	
4	Fri	3:57	9.8	4:39	9.4	10:19	-0.1	10:43	0.8	5:00	8:18	
5	Sat	4:52	9.7	5:33	9.7	11:11	-0.1	11:41	0.6	5:00	8:18	
6	Sun	5:52	9.5	6:28	10.0			12:06	0.0	5:00	8:19	
7	Mon	6:54	9.5	7:27	10.4	12:43	0.3	1:04	0.0	4:59	8:20	
8	Tue	8:00	9.5	8:26	10.8	1:47	0.0	2:04	0.0	4:59	8:20	
9	Wed	9:03	9.6	9:23	11.1	2:50	-0.5	3:03	-0.1	4:59	8:21	
10	Thu	10:03	9.8	10:18	11.4	3:49	-1.0	4:00	-0.2	4:59	8:22	
11	Fri	11:00	10.0	11:12	11.6	4:45	-1.3	4:55	-0.3	4:59	8:22	
12	Sat	11:55	10.1			5:39	-1.5	5:49	-0.3	4:58	8:23	
13	Sun	12:06	11.5	12:49	10.1	6:32	-1.5	6:42	-0.2	4:58	8:23	
14	Mon	12:58	11.3	1:40	10.0	7:23	-1.3	7:34	0.1	4:58	8:24	
15	Tue	1:48	11.0	2:30	9.8	8:12	-1.0	8:25	0.4	4:58	8:24	
16	Wed	2:39	10.5	3:21	9.6	9:02	-0.6	9:18	0.7	4:58	8:24	
17	Thu	3:31	10.0	4:13	9.4	9:52	-0.1	10:13	1.0	4:58	8:25	
18	Fri	4:24	9.4	5:04	9.2	10:42	0.4	11:09	1.3	4:59	8:25	
19	Sat	5:19	8.9	5:55	9.1	11:31	0.8			4:59	8:25	
20	Sun	6:14	8.5	6:45	9.1	12:06	1.4	12:21	1.2	4:59	8:26	
21	Mon	7:10	8.2	7:36	9.1	1:03	1.5	1:13	1.5	4:59	8:26	
22	Tue	8:07	8.1	8:27	9.2	2:00	1.4	2:05	1.6	4:59	8:26	
23	Wed	9:00	8.1	9:14	9.4	2:54	1.2	2:54	1.6	5:00	8:26	
24	Thu	9:49	8.2	9:57	9.6	3:41	0.9	3:39	1.5	5:00	8:26	
25	Fri	10:34	8.4	10:39	9.8	4:24	0.6	4:22	1.4	5:00	8:26	
26	Sat	11:17	8.6	11:19	10.0	5:05	0.3	5:02	1.2	5:01	8:26	
27	Sun	11:58	8.8	11:59	10.2	5:44	0.1	5:43	1.1	5:01	8:26	
28	Mon			12:38	9.0	6:22	-0.2	6:24	0.9	5:02	8:26	
29	Tue	12:39	10.3	1:17	9.2	7:01	-0.4	7:07	0.7	5:02	8:26	
30	Wed	1:20	10.4	1:58	9.4	7:41	-0.5	7:51	0.5	5:03	8:26	