

Fore River, Portland, ME - Jul 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	2:03	10.4	2:40	9.6	8:23	-0.6	8:38	0.4	5:03	8:26	
2	Fri	2:49	10.3	3:27	9.8	9:08	-0.6	9:30	0.3	5:04	8:26	
3	Sat	3:40	10.1	4:17	10.0	9:57	-0.5	10:25	0.2	5:04	8:26	
4	Sun	4:35	9.8	5:10	10.2	10:49	-0.3	11:24	0.2	5:05	8:25	
5	Mon	5:35	9.5	6:07	10.3	11:44	-0.1			5:05	8:25	
6	Tue	6:38	9.3	7:06	10.5	12:26	0.1	12:42	0.1	5:06	8:25	
7	Wed	7:44	9.2	8:08	10.6	1:31	-0.1	1:44	0.3	5:07	8:24	
8	Thu	8:50	9.2	9:09	10.9	2:36	-0.3	2:47	0.3	5:08	8:24	
9	Fri	9:51	9.4	10:06	11.0	3:38	-0.6	3:46	0.2	5:08	8:23	
10	Sat	10:48	9.5	11:00	11.1	4:34	-0.9	4:42	0.1	5:09	8:23	
11	Sun	11:42	9.7	11:52	11.1	5:27	-1.0	5:35	0.0	5:10	8:22	
12	Mon			12:32	9.8	6:17	-1.0	6:26	0.1	5:11	8:22	
13	Tue	12:42	10.9	1:20	9.8	7:05	-0.9	7:15	0.2	5:11	8:21	
14	Wed	1:29	10.6	2:05	9.7	7:49	-0.6	8:03	0.4	5:12	8:21	
15	Thu	2:15	10.2	2:50	9.6	8:33	-0.3	8:50	0.6	5:13	8:20	
16	Fri	3:01	9.8	3:35	9.4	9:16	0.1	9:38	0.9	5:14	8:19	
17	Sat	3:48	9.3	4:21	9.2	10:00	0.6	10:29	1.2	5:15	8:19	
18	Sun	4:38	8.8	5:08	9.1	10:45	1.0	11:20	1.4	5:16	8:18	
19	Mon	5:29	8.4	5:56	9.0	11:31	1.3			5:17	8:17	
20	Tue	6:23	8.1	6:46	9.0	12:13	1.5	12:20	1.6	5:18	8:16	
21	Wed	7:20	7.9	7:39	9.0	1:10	1.5	1:13	1.8	5:19	8:15	
22	Thu	8:17	7.9	8:31	9.2	2:07	1.4	2:07	1.8	5:20	8:14	
23	Fri	9:10	8.0	9:20	9.5	3:00	1.1	2:58	1.6	5:21	8:13	
24	Sat	9:58	8.3	10:05	9.8	3:47	0.8	3:46	1.4	5:22	8:12	
25	Sun	10:43	8.6	10:48	10.1	4:30	0.4	4:30	1.0	5:23	8:11	
26	Mon	11:25	9.0	11:31	10.4	5:12	0.0	5:14	0.7	5:24	8:10	
27	Tue			12:07	9.3	5:53	-0.4	5:59	0.3	5:25	8:09	
28	Wed	12:15	10.6	12:49	9.7	6:34	-0.7	6:44	0.0	5:26	8:08	
29	Thu	12:59	10.8	1:31	10.1	7:16	-0.9	7:31	-0.2	5:27	8:07	
30	Fri	1:44	10.8	2:15	10.3	7:59	-1.0	8:20	-0.4	5:28	8:06	
31	Sat	2:32	10.6	3:03	10.5	8:46	-0.9	9:12	-0.4	5:29	8:05	