

## Fore River, Portland, ME - Aug 1976

| Date |     | High  |      |       |      | Low   |      |       |      |  |      |    |
|------|-----|-------|------|-------|------|-------|------|-------|------|-------------------------------------------------------------------------------------|------|---------------------------------------------------------------------------------------|
|      |     | AM    | ft   | PM    | ft   | AM    | ft   | PM    | ft   | Rise                                                                                | Set  | Moon                                                                                  |
| 1    | Sun | 3:24  | 10.3 | 3:54  | 10.5 | 9:35  | -0.6 | 10:08 | -0.3 | 5:30                                                                                | 8:04 |    |
| 2    | Mon | 4:21  | 9.9  | 4:50  | 10.5 | 10:29 | -0.3 | 11:08 | -0.2 | 5:31                                                                                | 8:02 |    |
| 3    | Tue | 5:22  | 9.5  | 5:49  | 10.4 | 11:26 | 0.1  |       |      | 5:32                                                                                | 8:01 |    |
| 4    | Wed | 6:26  | 9.1  | 6:51  | 10.3 | 12:11 | 0.0  | 12:27 | 0.4  | 5:33                                                                                | 8:00 |    |
| 5    | Thu | 7:34  | 9.0  | 7:56  | 10.3 | 1:18  | 0.0  | 1:32  | 0.6  | 5:34                                                                                | 7:59 |    |
| 6    | Fri | 8:41  | 9.0  | 8:59  | 10.4 | 2:26  | -0.1 | 2:37  | 0.6  | 5:36                                                                                | 7:57 |    |
| 7    | Sat | 9:41  | 9.2  | 9:57  | 10.6 | 3:28  | -0.3 | 3:38  | 0.4  | 5:37                                                                                | 7:56 |    |
| 8    | Sun | 10:36 | 9.4  | 10:50 | 10.6 | 4:23  | -0.5 | 4:32  | 0.3  | 5:38                                                                                | 7:55 |    |
| 9    | Mon | 11:26 | 9.5  | 11:39 | 10.6 | 5:13  | -0.6 | 5:23  | 0.2  | 5:39                                                                                | 7:53 |    |
| 10   | Tue |       |      | 12:13 | 9.7  | 6:00  | -0.6 | 6:11  | 0.1  | 5:40                                                                                | 7:52 |    |
| 11   | Wed | 12:25 | 10.5 | 12:56 | 9.7  | 6:42  | -0.5 | 6:55  | 0.2  | 5:41                                                                                | 7:50 |    |
| 12   | Thu | 1:08  | 10.2 | 1:36  | 9.7  | 7:22  | -0.2 | 7:38  | 0.3  | 5:42                                                                                | 7:49 |   |
| 13   | Fri | 1:49  | 9.9  | 2:15  | 9.6  | 8:00  | 0.1  | 8:19  | 0.5  | 5:43                                                                                | 7:47 |  |
| 14   | Sat | 2:30  | 9.5  | 2:54  | 9.4  | 8:38  | 0.4  | 9:02  | 0.8  | 5:44                                                                                | 7:46 |  |
| 15   | Sun | 3:13  | 9.1  | 3:35  | 9.2  | 9:18  | 0.8  | 9:47  | 1.0  | 5:46                                                                                | 7:44 |  |
| 16   | Mon | 3:58  | 8.7  | 4:19  | 9.1  | 10:00 | 1.2  | 10:34 | 1.3  | 5:47                                                                                | 7:43 |  |
| 17   | Tue | 4:47  | 8.3  | 5:07  | 8.9  | 10:45 | 1.5  | 11:25 | 1.4  | 5:48                                                                                | 7:41 |  |
| 18   | Wed | 5:39  | 8.0  | 5:57  | 8.8  | 11:33 | 1.7  |       |      | 5:49                                                                                | 7:40 |  |
| 19   | Thu | 6:34  | 7.8  | 6:51  | 8.9  | 12:19 | 1.5  | 12:26 | 1.9  | 5:50                                                                                | 7:38 |  |
| 20   | Fri | 7:32  | 7.8  | 7:47  | 9.0  | 1:17  | 1.5  | 1:22  | 1.8  | 5:51                                                                                | 7:37 |  |
| 21   | Sat | 8:28  | 8.0  | 8:41  | 9.3  | 2:14  | 1.2  | 2:18  | 1.6  | 5:52                                                                                | 7:35 |  |
| 22   | Sun | 9:19  | 8.4  | 9:30  | 9.8  | 3:06  | 0.8  | 3:11  | 1.2  | 5:53                                                                                | 7:33 |  |
| 23   | Mon | 10:06 | 8.9  | 10:17 | 10.2 | 3:53  | 0.3  | 3:59  | 0.7  | 5:55                                                                                | 7:32 |  |
| 24   | Tue | 10:50 | 9.4  | 11:03 | 10.6 | 4:37  | -0.2 | 4:47  | 0.1  | 5:56                                                                                | 7:30 |  |
| 25   | Wed | 11:34 | 9.9  | 11:50 | 10.9 | 5:20  | -0.6 | 5:34  | -0.4 | 5:57                                                                                | 7:28 |  |
| 26   | Thu |       |      | 12:18 | 10.4 | 6:04  | -1.0 | 6:22  | -0.8 | 5:58                                                                                | 7:27 |  |
| 27   | Fri | 12:37 | 11.0 | 1:03  | 10.8 | 6:48  | -1.2 | 7:10  | -1.1 | 5:59                                                                                | 7:25 |  |
| 28   | Sat | 1:25  | 11.0 | 1:49  | 11.0 | 7:34  | -1.2 | 8:01  | -1.1 | 6:00                                                                                | 7:23 |  |
| 29   | Sun | 2:15  | 10.7 | 2:38  | 11.0 | 8:22  | -1.0 | 8:54  | -1.0 | 6:01                                                                                | 7:22 |  |
| 30   | Mon | 3:08  | 10.3 | 3:32  | 10.9 | 9:14  | -0.6 | 9:51  | -0.7 | 6:02                                                                                | 7:20 |  |
| 31   | Tue | 4:07  | 9.9  | 4:30  | 10.6 | 10:10 | -0.2 | 10:53 | -0.4 | 6:04                                                                                | 7:18 |  |