

Fore River, Portland, ME - Oct 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	6:04	9.1	6:24	9.9			12:03	0.8	6:39	6:22	
2	Sat	7:10	9.0	7:31	9.7	12:50	0.2	1:12	0.9	6:40	6:20	
3	Sun	8:13	9.1	8:34	9.7	1:56	0.3	2:19	0.8	6:41	6:18	
4	Mon	9:10	9.3	9:30	9.7	2:55	0.3	3:17	0.6	6:42	6:16	
5	Tue	9:58	9.5	10:19	9.7	3:46	0.3	4:07	0.4	6:43	6:15	
6	Wed	10:42	9.7	11:03	9.7	4:31	0.3	4:52	0.2	6:44	6:13	
7	Thu	11:22	9.8	11:44	9.6	5:11	0.3	5:33	0.1	6:46	6:11	
8	Fri	11:58	9.8			5:47	0.5	6:11	0.1	6:47	6:09	
9	Sat	12:23	9.4	12:33	9.8	6:22	0.6	6:47	0.1	6:48	6:08	
10	Sun	1:00	9.3	1:07	9.7	6:55	0.8	7:22	0.3	6:49	6:06	
11	Mon	1:36	9.0	1:41	9.6	7:29	1.0	7:58	0.4	6:50	6:04	
12	Tue	2:13	8.8	2:17	9.4	8:05	1.2	8:36	0.6	6:52	6:02	
13	Wed	2:52	8.5	2:56	9.2	8:44	1.5	9:18	0.8	6:53	6:01	
14	Thu	3:35	8.3	3:41	9.1	9:28	1.7	10:05	1.0	6:54	5:59	
15	Fri	4:23	8.1	4:31	8.9	10:17	1.8	10:55	1.1	6:55	5:57	
16	Sat	5:15	8.1	5:25	8.9	11:10	1.8	11:49	1.1	6:57	5:56	
17	Sun	6:09	8.3	6:23	9.0			12:07	1.6	6:58	5:54	
18	Mon	7:05	8.6	7:23	9.3	12:45	0.9	1:07	1.2	6:59	5:53	
19	Tue	8:00	9.2	8:22	9.7	1:41	0.5	2:07	0.6	7:00	5:51	
20	Wed	8:53	9.9	9:18	10.1	2:36	0.1	3:03	-0.1	7:02	5:49	
21	Thu	9:43	10.6	10:11	10.5	3:27	-0.4	3:57	-0.8	7:03	5:48	
22	Fri	10:31	11.2	11:03	10.8	4:17	-0.8	4:48	-1.5	7:04	5:46	
23	Sat	11:21	11.7	11:55	10.9	5:06	-1.1	5:40	-1.9	7:05	5:45	
24	Sun			12:11	11.9	5:57	-1.2	6:32	-2.1	7:07	5:43	
25	Mon	12:48	10.9	1:02	11.9	6:48	-1.1	7:25	-2.0	7:08	5:42	
26	Tue	1:42	10.6	1:55	11.6	7:40	-0.8	8:19	-1.6	7:09	5:40	
27	Wed	2:37	10.2	2:52	11.1	8:35	-0.3	9:17	-1.1	7:10	5:39	
28	Thu	3:37	9.8	3:53	10.6	9:35	0.2	10:18	-0.5	7:12	5:37	
29	Fri	4:40	9.5	4:57	10.0	10:39	0.6	11:22	-0.1	7:13	5:36	
30	Sat	5:44	9.2	6:03	9.6	11:46	0.9			7:14	5:34	
31	Sun	5:47	9.1	6:08	9.3	12:26	0.3	11:53 AM	1.0	6:16	4:33	