

Fore River, Portland, ME - Nov 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	6:47	9.2	7:10	9.2	12:28	0.6	12:58	0.9	6:17	4:32	
2	Tue	7:42	9.4	8:06	9.1	1:26	0.7	1:56	0.7	6:18	4:30	
3	Wed	8:30	9.5	8:55	9.2	2:17	0.7	2:46	0.5	6:20	4:29	
4	Thu	9:13	9.7	9:39	9.2	3:01	0.7	3:30	0.3	6:21	4:28	
5	Fri	9:52	9.8	10:21	9.1	3:41	0.8	4:11	0.1	6:22	4:26	
6	Sat	10:29	9.9	10:59	9.1	4:17	0.8	4:48	0.1	6:23	4:25	
7	Sun	11:04	9.9	11:37	9.0	4:52	0.9	5:23	0.1	6:25	4:24	
8	Mon	11:39	9.8			5:26	1.0	5:58	0.1	6:26	4:23	
9	Tue	12:13	8.9	12:13	9.7	6:01	1.1	6:33	0.2	6:27	4:22	
10	Wed	12:49	8.7	12:48	9.6	6:37	1.3	7:10	0.4	6:29	4:21	
11	Thu	1:26	8.6	1:26	9.4	7:16	1.4	7:50	0.5	6:30	4:20	
12	Fri	2:07	8.5	2:09	9.3	7:59	1.5	8:34	0.6	6:31	4:18	
13	Sat	2:52	8.4	2:58	9.2	8:47	1.5	9:22	0.6	6:33	4:17	
14	Sun	3:41	8.5	3:51	9.1	9:40	1.5	10:13	0.6	6:34	4:16	
15	Mon	4:34	8.8	4:49	9.1	10:37	1.2	11:07	0.5	6:35	4:16	
16	Tue	5:28	9.1	5:50	9.2	11:37	0.9			6:36	4:15	
17	Wed	6:25	9.6	6:52	9.5	12:04	0.3	12:38	0.3	6:38	4:14	
18	Thu	7:21	10.3	7:52	9.8	1:01	0.0	1:39	-0.3	6:39	4:13	
19	Fri	8:15	10.9	8:49	10.1	1:57	-0.3	2:36	-1.0	6:40	4:12	
20	Sat	9:07	11.4	9:44	10.4	2:51	-0.7	3:30	-1.6	6:42	4:11	
21	Sun	9:59	11.8	10:39	10.6	3:43	-0.9	4:23	-2.0	6:43	4:11	
22	Mon	10:52	12.0	11:33	10.6	4:36	-1.0	5:16	-2.1	6:44	4:10	
23	Tue	11:45	11.9			5:29	-0.9	6:09	-2.0	6:45	4:09	
24	Wed	12:26	10.4	12:38	11.5	6:22	-0.7	7:02	-1.6	6:47	4:09	
25	Thu	1:21	10.1	1:33	11.0	7:17	-0.3	7:57	-1.1	6:48	4:08	
26	Fri	2:17	9.8	2:30	10.4	8:15	0.2	8:54	-0.6	6:49	4:07	
27	Sat	3:16	9.5	3:31	9.8	9:16	0.6	9:53	0.0	6:50	4:07	
28	Sun	4:15	9.3	4:33	9.3	10:19	0.9	10:51	0.4	6:51	4:06	
29	Mon	5:14	9.1	5:35	8.9	11:23	1.1	11:50	0.8	6:52	4:06	
30	Tue	6:11	9.1	6:36	8.6			12:27	1.1	6:53	4:06	