

Fore River, Portland, ME - Dec 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	7:08	9.2	7:32	8.5	12:44	1.0	1:26	0.9	6:55	4:05	
2	Thu	7:56	9.3	8:26	8.5	1:38	1.1	2:20	0.7	6:56	4:05	
3	Fri	8:38	9.5	9:14	8.6	2:26	1.2	3:02	0.5	6:57	4:05	
4	Sat	9:20	9.6	9:56	8.7	3:08	1.1	3:44	0.3	6:58	4:04	
5	Sun	10:02	9.7	10:38	8.7	3:50	1.1	4:26	0.1	6:59	4:04	
6	Mon	10:38	9.8	11:14	8.8	4:26	1.1	5:02	0.0	7:00	4:04	
7	Tue	11:14	9.9	11:50	8.8	5:02	1.0	5:38	0.0	7:01	4:04	
8	Wed	11:50	9.8			5:38	1.0	6:08	-0.1	7:02	4:04	
9	Thu	12:26	8.8	12:26	9.8	6:14	1.0	6:44	0.0	7:03	4:04	
10	Fri	1:02	8.8	1:02	9.7	6:50	1.0	7:26	0.0	7:03	4:04	
11	Sat	1:44	8.8	1:44	9.6	7:32	1.0	8:08	0.0	7:04	4:04	
12	Sun	2:26	8.9	2:32	9.5	8:20	1.0	8:50	0.1	7:05	4:04	
13	Mon	3:08	9.0	3:26	9.3	9:14	0.9	9:44	0.1	7:06	4:04	
14	Tue	4:02	9.3	4:20	9.2	10:08	0.7	10:38	0.2	7:07	4:04	
15	Wed	4:56	9.6	5:20	9.1	11:08	0.5	11:32	0.2	7:07	4:05	
16	Thu	5:56	9.9	6:26	9.1			12:14	0.1	7:08	4:05	
17	Fri	6:56	10.4	7:32	9.3	12:32	0.1	1:20	-0.4	7:09	4:05	
18	Sat	7:50	10.8	8:32	9.6	1:32	-0.1	2:20	-1.0	7:09	4:06	
19	Sun	8:50	11.2	9:32	9.9	2:32	-0.4	3:14	-1.4	7:10	4:06	
20	Mon	9:44	11.5	10:26	10.1	3:26	-0.6	4:08	-1.8	7:11	4:06	
21	Tue	10:38	11.7	11:20	10.2	4:20	-0.8	5:02	-1.9	7:11	4:07	
22	Wed	11:32	11.6			5:14	-0.8	5:56	-1.8	7:12	4:07	
23	Thu	12:08	10.2	12:20	11.3	6:08	-0.6	6:44	-1.5	7:12	4:08	
24	Fri	1:02	10.0	1:14	10.8	6:56	-0.3	7:32	-1.1	7:12	4:09	
25	Sat	1:50	9.8	2:08	10.2	7:50	0.0	8:26	-0.6	7:13	4:09	
26	Sun	2:44	9.5	3:02	9.6	8:50	0.4	9:14	0.0	7:13	4:10	
27	Mon	3:38	9.3	3:56	9.0	9:44	0.8	10:08	0.6	7:13	4:11	
28	Tue	4:32	9.1	4:56	8.5	10:44	1.1	11:02	1.0	7:14	4:11	
29	Wed	5:26	8.9	5:56	8.1	11:44	1.2	11:56	1.4	7:14	4:12	
30	Thu	6:20	8.9	6:56	8.0			12:44	1.2	7:14	4:13	
31	Fri	7:14	8.9	7:50	8.1	12:56	1.5	1:44	1.0	7:14	4:14	