

Fore River, Portland, ME - Jan 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	3:15	8.9	3:28	8.9	9:20	1.0	9:44	0.4	7:14	4:14	
2	Mon	4:03	9.1	4:23	8.8	10:13	0.9	10:35	0.5	7:14	4:15	
3	Tue	4:55	9.3	5:22	8.7	11:11	0.6	11:30	0.4	7:14	4:16	
4	Wed	5:51	9.6	6:25	8.8			12:13	0.3	7:14	4:17	
5	Thu	6:50	10.1	7:30	9.0	12:29	0.3	1:16	-0.2	7:14	4:18	
6	Fri	7:50	10.6	8:31	9.4	1:30	0.1	2:17	-0.8	7:14	4:19	
7	Sat	8:47	11.1	9:28	9.8	2:29	-0.3	3:14	-1.4	7:14	4:20	
8	Sun	9:43	11.5	10:24	10.2	3:25	-0.7	4:08	-1.8	7:14	4:21	
9	Mon	10:38	11.7	11:18	10.4	4:20	-1.0	5:02	-2.1	7:13	4:22	
10	Tue	11:32	11.8			5:15	-1.1	5:54	-2.2	7:13	4:23	
11	Wed	12:11	10.5	12:25	11.6	6:09	-1.1	6:45	-2.0	7:13	4:24	
12	Thu	1:03	10.5	1:18	11.1	7:03	-0.9	7:37	-1.6	7:12	4:26	
13	Fri	1:55	10.3	2:13	10.5	7:58	-0.6	8:29	-1.0	7:12	4:27	
14	Sat	2:50	10.0	3:10	9.9	8:56	-0.2	9:24	-0.4	7:12	4:28	
15	Sun	3:46	9.7	4:10	9.2	9:56	0.2	10:19	0.2	7:11	4:29	
16	Mon	4:42	9.4	5:10	8.7	10:58	0.6	11:17	0.7	7:11	4:30	
17	Tue	5:39	9.2	6:12	8.3			12:02	0.8	7:10	4:32	
18	Wed	6:37	9.1	7:14	8.1	12:16	1.1	1:04	0.8	7:09	4:33	
19	Thu	7:33	9.1	8:10	8.2	1:15	1.3	2:02	0.7	7:09	4:34	
20	Fri	8:24	9.2	8:59	8.3	2:08	1.3	2:51	0.5	7:08	4:35	
21	Sat	9:09	9.4	9:44	8.5	2:56	1.2	3:35	0.2	7:07	4:37	
22	Sun	9:51	9.6	10:25	8.6	3:38	1.0	4:15	0.1	7:07	4:38	
23	Mon	10:31	9.7	11:03	8.8	4:17	0.8	4:52	-0.1	7:06	4:39	
24	Tue	11:08	9.8	11:39	8.9	4:53	0.7	5:26	-0.2	7:05	4:41	
25	Wed	11:43	9.8			5:29	0.6	5:58	-0.3	7:04	4:42	
26	Thu	12:13	9.0	12:17	9.8	6:05	0.5	6:32	-0.3	7:03	4:43	
27	Fri	12:46	9.1	12:53	9.7	6:41	0.4	7:06	-0.3	7:02	4:45	
28	Sat	1:20	9.2	1:31	9.6	7:21	0.3	7:44	-0.2	7:01	4:46	
29	Sun	1:58	9.3	2:13	9.3	8:04	0.3	8:26	-0.1	7:00	4:47	
30	Mon	2:40	9.4	3:01	9.1	8:52	0.3	9:13	0.1	6:59	4:49	
31	Tue	3:28	9.5	3:55	8.9	9:45	0.3	10:04	0.3	6:58	4:50	