

Fore River, Portland, ME - Jul 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	4:21	8.9	4:59	8.8	10:36	0.8	11:00	1.7	5:03	8:26	
2	Mon	5:10	8.6	5:44	8.9	11:20	1.0	11:50	1.6	5:03	8:26	
3	Tue	6:00	8.4	6:31	9.0			12:06	1.2	5:04	8:26	
4	Wed	6:54	8.3	7:20	9.2	12:43	1.5	12:56	1.2	5:04	8:26	
5	Thu	7:50	8.3	8:11	9.6	1:39	1.2	1:48	1.2	5:05	8:25	
6	Fri	8:45	8.5	9:01	10.0	2:34	0.8	2:40	1.0	5:06	8:25	
7	Sat	9:38	8.8	9:50	10.5	3:26	0.3	3:32	0.7	5:06	8:25	
8	Sun	10:29	9.2	10:39	10.9	4:16	-0.3	4:22	0.3	5:07	8:24	
9	Mon	11:20	9.5	11:29	11.3	5:05	-0.8	5:13	0.0	5:08	8:24	
10	Tue			12:11	9.9	5:55	-1.3	6:05	-0.3	5:09	8:23	
11	Wed	12:21	11.5	1:02	10.2	6:45	-1.5	6:57	-0.5	5:09	8:23	
12	Thu	1:13	11.6	1:53	10.4	7:36	-1.6	7:51	-0.6	5:10	8:22	
13	Fri	2:06	11.4	2:46	10.5	8:27	-1.6	8:47	-0.5	5:11	8:22	
14	Sat	3:02	11.1	3:42	10.5	9:21	-1.3	9:46	-0.3	5:12	8:21	
15	Sun	4:01	10.6	4:40	10.4	10:16	-0.9	10:48	-0.1	5:13	8:20	
16	Mon	5:02	10.1	5:38	10.3	11:14	-0.4	11:52	0.1	5:13	8:20	
17	Tue	6:06	9.6	6:38	10.2			12:13	0.0	5:14	8:19	
18	Wed	7:10	9.2	7:38	10.2	12:57	0.2	1:14	0.4	5:15	8:18	
19	Thu	8:15	9.0	8:37	10.1	2:03	0.2	2:16	0.7	5:16	8:18	
20	Fri	9:15	8.9	9:32	10.2	3:04	0.1	3:13	0.8	5:17	8:17	
21	Sat	10:10	8.9	10:22	10.2	3:59	0.0	4:05	0.9	5:18	8:16	
22	Sun	10:59	9.0	11:08	10.2	4:48	-0.1	4:53	0.9	5:19	8:15	
23	Mon	11:44	9.0	11:51	10.1	5:33	-0.1	5:37	0.9	5:20	8:14	
24	Tue			12:26	9.0	6:15	-0.1	6:18	0.9	5:21	8:13	
25	Wed	12:31	10.0	1:05	9.0	6:52	0.0	6:56	1.0	5:22	8:12	
26	Thu	1:09	9.9	1:42	9.0	7:28	0.1	7:34	1.0	5:23	8:11	
27	Fri	1:46	9.7	2:18	9.0	8:02	0.2	8:12	1.1	5:24	8:10	
28	Sat	2:23	9.5	2:55	9.0	8:38	0.4	8:51	1.2	5:25	8:09	
29	Sun	3:02	9.2	3:33	9.0	9:14	0.6	9:34	1.3	5:26	8:08	
30	Mon	3:43	9.0	4:13	9.0	9:54	0.8	10:19	1.3	5:27	8:07	
31	Tue	4:29	8.7	4:56	9.1	10:37	1.0	11:07	1.3	5:28	8:06	