

Fore River, Portland, ME - Aug 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	5:17	8.5	5:43	9.2	11:22	1.1	11:59	1.2	5:29	8:05	
2	Thu	6:10	8.3	6:33	9.3			12:12	1.2	5:30	8:03	
3	Fri	7:07	8.3	7:28	9.6	12:55	1.0	1:07	1.1	5:31	8:02	
4	Sat	8:07	8.5	8:25	10.1	1:55	0.7	2:05	0.9	5:33	8:01	
5	Sun	9:06	8.8	9:21	10.6	2:53	0.2	3:02	0.5	5:34	8:00	
6	Mon	10:01	9.3	10:16	11.1	3:48	-0.4	3:58	0.1	5:35	7:58	
7	Tue	10:55	9.8	11:09	11.5	4:41	-1.0	4:52	-0.4	5:36	7:57	
8	Wed	11:48	10.3			5:33	-1.5	5:46	-0.8	5:37	7:56	
9	Thu	12:03	11.7	12:40	10.7	6:24	-1.7	6:40	-1.1	5:38	7:54	
10	Fri	12:57	11.7	1:32	10.9	7:15	-1.8	7:34	-1.1	5:39	7:53	
11	Sat	1:50	11.5	2:24	11.0	8:06	-1.7	8:30	-1.0	5:40	7:51	
12	Sun	2:45	11.1	3:18	10.9	8:58	-1.3	9:28	-0.8	5:41	7:50	
13	Mon	3:43	10.6	4:15	10.6	9:53	-0.8	10:28	-0.4	5:43	7:49	
14	Tue	4:44	9.9	5:13	10.3	10:50	-0.2	11:31	-0.1	5:44	7:47	
15	Wed	5:47	9.4	6:13	10.1	11:50	0.4			5:45	7:46	
16	Thu	6:51	9.0	7:15	9.8	12:36	0.2	12:52	0.8	5:46	7:44	
17	Fri	7:55	8.7	8:16	9.7	1:42	0.4	1:55	1.1	5:47	7:43	
18	Sat	8:56	8.7	9:12	9.7	2:44	0.4	2:55	1.1	5:48	7:41	
19	Sun	9:49	8.7	10:02	9.8	3:39	0.3	3:47	1.1	5:49	7:39	
20	Mon	10:37	8.8	10:48	9.9	4:27	0.2	4:34	1.0	5:50	7:38	
21	Tue	11:20	9.0	11:29	9.9	5:10	0.2	5:16	0.9	5:52	7:36	
22	Wed	11:59	9.1			5:49	0.1	5:55	0.8	5:53	7:35	
23	Thu	12:08	9.9	12:36	9.2	6:25	0.2	6:32	0.7	5:54	7:33	
24	Fri	12:45	9.8	1:11	9.2	6:58	0.2	7:07	0.7	5:55	7:31	
25	Sat	1:20	9.7	1:44	9.3	7:30	0.3	7:43	0.7	5:56	7:30	
26	Sun	1:55	9.5	2:17	9.3	8:03	0.4	8:20	0.8	5:57	7:28	
27	Mon	2:31	9.2	2:52	9.3	8:38	0.6	8:59	0.8	5:58	7:26	
28	Tue	3:10	9.0	3:30	9.3	9:16	0.8	9:43	0.9	5:59	7:25	
29	Wed	3:54	8.7	4:13	9.3	9:59	1.0	10:31	0.9	6:01	7:23	
30	Thu	4:42	8.5	5:02	9.3	10:46	1.1	11:24	0.9	6:02	7:21	
31	Fri	5:36	8.4	5:56	9.5	11:38	1.2			6:03	7:19	