

Fore River, Portland, ME - Jun 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	1:09	10.3	1:50	9.1	7:33	-0.3	7:40	0.9	5:02	8:15	
2	Mon	1:50	10.3	2:33	9.1	8:16	-0.4	8:25	0.9	5:01	8:16	
3	Tue	2:35	10.3	3:20	9.2	9:02	-0.4	9:15	0.9	5:01	8:17	
4	Wed	3:25	10.2	4:12	9.3	9:52	-0.3	10:10	0.8	5:00	8:18	
5	Thu	4:21	10.0	5:08	9.4	10:45	-0.3	11:09	0.7	5:00	8:18	
6	Fri	5:21	9.8	6:05	9.7	11:41	-0.2			5:00	8:19	
7	Sat	6:24	9.7	7:04	10.0	12:12	0.6	12:40	-0.1	4:59	8:20	
8	Sun	7:29	9.7	8:04	10.4	1:17	0.3	1:40	-0.1	4:59	8:20	
9	Mon	8:34	9.7	9:01	10.8	2:22	-0.1	2:40	-0.2	4:59	8:21	
10	Tue	9:35	9.8	9:55	11.1	3:22	-0.6	3:36	-0.2	4:59	8:22	
11	Wed	10:32	9.9	10:47	11.3	4:19	-1.0	4:30	-0.2	4:59	8:22	
12	Thu	11:27	10.0	11:38	11.3	5:12	-1.3	5:22	-0.2	4:58	8:23	
13	Fri			12:20	9.9	6:04	-1.3	6:12	0.0	4:58	8:23	
14	Sat	12:28	11.2	1:10	9.8	6:54	-1.2	7:02	0.2	4:58	8:24	
15	Sun	1:17	11.0	1:59	9.6	7:42	-1.0	7:51	0.5	4:58	8:24	
16	Mon	2:04	10.6	2:47	9.4	8:29	-0.6	8:40	0.9	4:58	8:24	
17	Tue	2:52	10.1	3:36	9.1	9:17	-0.2	9:30	1.2	4:58	8:25	
18	Wed	3:42	9.6	4:26	9.0	10:05	0.3	10:23	1.5	4:59	8:25	
19	Thu	4:34	9.2	5:16	8.9	10:54	0.6	11:17	1.6	4:59	8:25	
20	Fri	5:27	8.8	6:06	8.8	11:42	1.0			4:59	8:26	
21	Sat	6:20	8.5	6:55	8.9	12:12	1.7	12:31	1.2	4:59	8:26	
22	Sun	7:16	8.3	7:45	9.0	1:08	1.7	1:21	1.4	4:59	8:26	
23	Mon	8:11	8.2	8:33	9.2	2:04	1.5	2:11	1.5	5:00	8:26	
24	Tue	9:04	8.3	9:18	9.4	2:56	1.2	2:59	1.4	5:00	8:26	
25	Wed	9:52	8.4	10:01	9.7	3:42	0.9	3:43	1.3	5:00	8:26	
26	Thu	10:37	8.6	10:42	10.0	4:25	0.5	4:25	1.2	5:01	8:26	
27	Fri	11:20	8.8	11:23	10.3	5:06	0.1	5:07	1.0	5:01	8:26	
28	Sat			12:03	9.0	5:47	-0.2	5:50	0.8	5:02	8:26	
29	Sun	12:05	10.5	12:46	9.2	6:29	-0.5	6:34	0.6	5:02	8:26	
30	Mon	12:48	10.7	1:29	9.4	7:12	-0.7	7:20	0.4	5:03	8:26	