

Fore River, Portland, ME - Jul 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	1:33	10.8	2:14	9.6	7:57	-0.8	8:08	0.3	5:03	8:26	
2	Wed	2:20	10.7	3:02	9.7	8:44	-0.9	9:00	0.3	5:04	8:26	
3	Thu	3:12	10.5	3:54	9.9	9:34	-0.8	9:56	0.3	5:04	8:26	
4	Fri	4:08	10.3	4:49	10.0	10:26	-0.6	10:55	0.2	5:05	8:25	
5	Sat	5:07	10.0	5:46	10.2	11:22	-0.4	11:57	0.2	5:06	8:25	
6	Sun	6:10	9.7	6:44	10.3			12:19	-0.1	5:06	8:25	
7	Mon	7:15	9.4	7:45	10.4	1:02	0.1	1:20	0.1	5:07	8:24	
8	Tue	8:21	9.3	8:44	10.6	2:08	-0.1	2:22	0.2	5:08	8:24	
9	Wed	9:23	9.3	9:41	10.8	3:10	-0.4	3:20	0.3	5:08	8:23	
10	Thu	10:21	9.4	10:34	10.9	4:08	-0.6	4:15	0.3	5:09	8:23	
11	Fri	11:14	9.5	11:24	10.9	5:01	-0.8	5:07	0.3	5:10	8:22	
12	Sat			12:05	9.5	5:51	-0.8	5:57	0.4	5:11	8:22	
13	Sun	12:13	10.8	12:52	9.5	6:38	-0.8	6:44	0.5	5:12	8:21	
14	Mon	12:59	10.6	1:37	9.4	7:22	-0.6	7:29	0.6	5:12	8:21	
15	Tue	1:42	10.3	2:20	9.3	8:04	-0.3	8:14	0.9	5:13	8:20	
16	Wed	2:25	9.9	3:03	9.1	8:46	0.0	8:58	1.1	5:14	8:19	
17	Thu	3:09	9.5	3:46	9.0	9:27	0.4	9:45	1.3	5:15	8:19	
18	Fri	3:55	9.1	4:31	8.9	10:10	0.7	10:34	1.5	5:16	8:18	
19	Sat	4:44	8.7	5:16	8.9	10:53	1.0	11:24	1.6	5:17	8:17	
20	Sun	5:34	8.4	6:03	8.9	11:39	1.3			5:18	8:16	
21	Mon	6:27	8.1	6:52	8.9	12:16	1.6	12:27	1.5	5:19	8:15	
22	Tue	7:22	8.0	7:43	9.1	1:11	1.5	1:18	1.6	5:20	8:14	
23	Wed	8:19	8.0	8:33	9.3	2:07	1.3	2:10	1.6	5:21	8:13	
24	Thu	9:12	8.2	9:21	9.7	2:59	1.0	3:01	1.4	5:22	8:12	
25	Fri	10:00	8.5	10:08	10.1	3:48	0.5	3:49	1.1	5:23	8:11	
26	Sat	10:47	8.8	10:53	10.5	4:33	0.1	4:36	0.7	5:24	8:10	
27	Sun	11:33	9.2	11:40	10.8	5:18	-0.4	5:23	0.4	5:25	8:09	
28	Mon			12:19	9.6	6:03	-0.8	6:11	0.0	5:26	8:08	
29	Tue	12:27	11.1	1:05	9.9	6:49	-1.1	7:00	-0.3	5:27	8:07	
30	Wed	1:15	11.2	1:51	10.2	7:35	-1.3	7:51	-0.4	5:28	8:06	
31	Thu	2:04	11.1	2:40	10.4	8:23	-1.2	8:43	-0.5	5:29	8:05	