

Fore River, Portland, ME - Aug 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	2:57	10.8	3:32	10.5	9:13	-1.1	9:40	-0.4	5:30	8:04	
2	Sat	3:53	10.4	4:28	10.5	10:06	-0.7	10:40	-0.2	5:31	8:02	
3	Sun	4:54	9.9	5:26	10.4	11:02	-0.3	11:42	-0.1	5:32	8:01	
4	Mon	5:57	9.5	6:26	10.3			12:01	0.1	5:33	8:00	
5	Tue	7:03	9.2	7:28	10.3	12:48	0.0	1:04	0.4	5:34	7:59	
6	Wed	8:10	9.0	8:31	10.3	1:55	0.0	2:08	0.6	5:36	7:57	
7	Thu	9:12	9.0	9:29	10.4	2:59	-0.1	3:09	0.7	5:37	7:56	
8	Fri	10:09	9.1	10:22	10.4	3:57	-0.3	4:05	0.6	5:38	7:55	
9	Sat	11:00	9.2	11:11	10.4	4:48	-0.4	4:55	0.5	5:39	7:53	
10	Sun	11:48	9.3	11:57	10.4	5:35	-0.4	5:42	0.5	5:40	7:52	
11	Mon			12:31	9.4	6:19	-0.4	6:26	0.5	5:41	7:50	
12	Tue	12:40	10.2	1:11	9.4	6:58	-0.2	7:07	0.6	5:42	7:49	
13	Wed	1:20	10.0	1:49	9.3	7:36	0.0	7:47	0.7	5:43	7:47	
14	Thu	1:58	9.7	2:26	9.2	8:12	0.2	8:26	0.9	5:45	7:46	
15	Fri	2:38	9.4	3:04	9.1	8:48	0.5	9:07	1.0	5:46	7:44	
16	Sat	3:19	9.0	3:44	9.0	9:27	0.8	9:51	1.2	5:47	7:43	
17	Sun	4:03	8.7	4:27	8.9	10:08	1.1	10:38	1.3	5:48	7:41	
18	Mon	4:51	8.3	5:12	8.9	10:52	1.4	11:28	1.4	5:49	7:40	
19	Tue	5:42	8.1	6:01	8.9	11:40	1.6			5:50	7:38	
20	Wed	6:36	7.9	6:54	9.0	12:21	1.4	12:31	1.7	5:51	7:37	
21	Thu	7:34	8.0	7:49	9.2	1:19	1.3	1:27	1.6	5:52	7:35	
22	Fri	8:32	8.2	8:44	9.6	2:17	1.0	2:24	1.3	5:53	7:33	
23	Sat	9:25	8.6	9:36	10.1	3:11	0.5	3:18	0.9	5:55	7:32	
24	Sun	10:14	9.1	10:26	10.6	4:01	-0.1	4:09	0.3	5:56	7:30	
25	Mon	11:02	9.7	11:16	11.1	4:48	-0.6	4:59	-0.2	5:57	7:28	
26	Tue	11:50	10.2			5:36	-1.1	5:50	-0.7	5:58	7:27	
27	Wed	12:06	11.3	12:38	10.6	6:23	-1.4	6:41	-1.0	5:59	7:25	
28	Thu	12:56	11.4	1:26	10.9	7:11	-1.5	7:32	-1.2	6:00	7:23	
29	Fri	1:47	11.3	2:16	11.0	8:00	-1.4	8:26	-1.1	6:01	7:22	
30	Sat	2:41	10.9	3:08	11.0	8:50	-1.1	9:22	-0.9	6:02	7:20	
31	Sun	3:38	10.4	4:04	10.7	9:45	-0.6	10:22	-0.6	6:04	7:18	