

Fore River, Portland, ME - Jan 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	5:26	8.5	5:57	7.5	11:46	1.7	11:51	1.8	7:14	4:15	
2	Mon	6:16	8.6	6:56	7.5			12:44	1.5	7:14	4:16	
3	Tue	7:08	8.8	7:52	7.6	12:45	1.9	1:39	1.1	7:14	4:16	
4	Wed	7:58	9.1	8:42	7.8	1:38	1.8	2:29	0.7	7:14	4:17	
5	Thu	8:45	9.5	9:29	8.2	2:27	1.5	3:16	0.2	7:14	4:18	
6	Fri	9:31	10.0	10:14	8.5	3:13	1.2	4:00	-0.2	7:14	4:19	
7	Sat	10:16	10.4	10:59	8.8	3:59	0.8	4:44	-0.7	7:14	4:20	
8	Sun	11:02	10.7	11:43	9.2	4:46	0.4	5:28	-1.0	7:14	4:22	
9	Mon	11:49	10.9			5:33	0.0	6:13	-1.2	7:13	4:23	
10	Tue	12:28	9.5	12:36	10.9	6:21	-0.2	6:58	-1.3	7:13	4:24	
11	Wed	1:14	9.8	1:25	10.7	7:12	-0.3	7:45	-1.2	7:13	4:25	
12	Thu	2:02	10.0	2:18	10.3	8:06	-0.3	8:35	-0.9	7:12	4:26	
13	Fri	2:54	10.0	3:16	9.8	9:03	-0.2	9:27	-0.4	7:12	4:27	
14	Sat	3:49	10.0	4:18	9.2	10:04	-0.1	10:23	0.1	7:11	4:28	
15	Sun	4:47	9.9	5:23	8.7	11:09	0.0	11:23	0.6	7:11	4:30	
16	Mon	5:48	9.8	6:32	8.4			12:17	0.1	7:10	4:31	
17	Tue	6:52	9.8	7:41	8.3	12:28	0.9	1:26	0.0	7:10	4:32	
18	Wed	7:55	9.8	8:42	8.4	1:33	1.0	2:28	-0.1	7:09	4:33	
19	Thu	8:52	9.9	9:37	8.5	2:34	1.0	3:24	-0.3	7:09	4:35	
20	Fri	9:45	10.0	10:27	8.7	3:28	0.8	4:14	-0.4	7:08	4:36	
21	Sat	10:33	10.1	11:12	8.8	4:17	0.7	5:00	-0.5	7:07	4:37	
22	Sun	11:17	10.1	11:53	8.8	5:02	0.6	5:41	-0.4	7:06	4:38	
23	Mon	11:58	9.9			5:44	0.6	6:19	-0.3	7:06	4:40	
24	Tue	12:31	8.9	12:36	9.7	6:24	0.7	6:54	0.0	7:05	4:41	
25	Wed	1:07	8.9	1:14	9.3	7:03	0.8	7:28	0.2	7:04	4:42	
26	Thu	1:42	8.8	1:53	8.9	7:43	0.9	8:03	0.6	7:03	4:44	
27	Fri	2:19	8.8	2:34	8.5	8:25	1.1	8:41	0.9	7:02	4:45	
28	Sat	2:58	8.7	3:20	8.0	9:10	1.2	9:22	1.3	7:01	4:46	
29	Sun	3:41	8.6	4:09	7.7	9:58	1.4	10:07	1.7	7:00	4:48	
30	Mon	4:27	8.5	5:04	7.4	10:51	1.5	10:56	1.9	6:59	4:49	
31	Tue	5:19	8.5	6:05	7.2	11:49	1.5	11:52	2.0	6:58	4:50	