

Fore River, Portland, ME - Jul 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	10:13	9.0	10:22	10.8	3:59	-0.5	4:03	0.7	5:03	8:26	
2	Sun	11:09	9.1	11:16	10.9	4:55	-0.7	4:58	0.6	5:04	8:26	
3	Mon			12:02	9.2	5:48	-0.8	5:50	0.6	5:04	8:26	
4	Tue	12:08	10.8	12:52	9.2	6:38	-0.7	6:41	0.7	5:05	8:25	
5	Wed	12:57	10.6	1:39	9.2	7:24	-0.5	7:29	0.8	5:05	8:25	
6	Thu	1:43	10.3	2:24	9.1	8:09	-0.3	8:16	1.0	5:06	8:25	
7	Fri	2:29	9.9	3:08	9.0	8:51	0.1	9:04	1.2	5:07	8:24	
8	Sat	3:15	9.5	3:53	9.0	9:34	0.5	9:53	1.4	5:07	8:24	
9	Sun	4:02	9.0	4:37	8.9	10:16	0.8	10:43	1.5	5:08	8:24	
10	Mon	4:52	8.5	5:22	8.9	10:59	1.2	11:35	1.7	5:09	8:23	
11	Tue	5:43	8.1	6:08	8.8	11:44	1.6			5:10	8:23	
12	Wed	6:37	7.8	6:57	8.8	12:28	1.7	12:32	1.9	5:11	8:22	
13	Thu	7:35	7.6	7:48	8.9	1:25	1.7	1:23	2.1	5:11	8:21	
14	Fri	8:32	7.6	8:40	9.1	2:22	1.5	2:17	2.1	5:12	8:21	
15	Sat	9:25	7.7	9:29	9.4	3:14	1.2	3:08	2.0	5:13	8:20	
16	Sun	10:14	7.9	10:15	9.7	4:02	0.8	3:56	1.7	5:14	8:19	
17	Mon	11:00	8.2	11:00	10.1	4:47	0.5	4:42	1.4	5:15	8:19	
18	Tue	11:44	8.6	11:45	10.4	5:30	0.1	5:28	1.0	5:16	8:18	
19	Wed			12:27	8.9	6:12	-0.3	6:14	0.7	5:17	8:17	
20	Thu	12:30	10.7	1:10	9.3	6:55	-0.6	7:01	0.4	5:18	8:16	
21	Fri	1:16	10.8	1:53	9.7	7:37	-0.8	7:49	0.1	5:19	8:15	
22	Sat	2:02	10.7	2:38	10.0	8:21	-0.9	8:40	0.0	5:20	8:15	
23	Sun	2:52	10.5	3:26	10.2	9:08	-0.7	9:34	-0.1	5:21	8:14	
24	Mon	3:46	10.1	4:17	10.3	9:57	-0.4	10:32	-0.1	5:22	8:13	
25	Tue	4:43	9.6	5:12	10.4	10:50	0.0	11:32	0.0	5:23	8:12	
26	Wed	5:45	9.1	6:10	10.3	11:46	0.4			5:24	8:11	
27	Thu	6:50	8.8	7:11	10.2	12:36	0.1	12:46	0.8	5:25	8:10	
28	Fri	7:59	8.6	8:16	10.2	1:44	0.2	1:51	1.0	5:26	8:09	
29	Sat	9:04	8.5	9:17	10.3	2:51	0.1	2:56	1.1	5:27	8:07	
30	Sun	10:04	8.7	10:14	10.4	3:51	-0.1	3:55	1.0	5:28	8:06	
31	Mon	10:58	8.8	11:07	10.4	4:46	-0.2	4:49	0.8	5:29	8:05	