

Fore River, Portland, ME - Jan 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	1:32	9.1	1:38	10.0	7:28	0.5	7:59	-0.4	7:14	4:14	
2	Tue	2:15	9.3	2:27	9.7	8:17	0.4	8:45	-0.3	7:14	4:15	
3	Wed	3:02	9.5	3:20	9.4	9:11	0.4	9:34	-0.1	7:14	4:16	
4	Thu	3:54	9.6	4:19	9.0	10:09	0.3	10:28	0.2	7:14	4:17	
5	Fri	4:49	9.8	5:23	8.7	11:11	0.2	11:26	0.5	7:14	4:18	
6	Sat	5:49	9.9	6:31	8.6			12:17	0.0	7:14	4:19	
7	Sun	6:52	10.1	7:40	8.6	12:29	0.6	1:25	-0.2	7:14	4:20	
8	Mon	7:55	10.4	8:43	8.8	1:33	0.6	2:28	-0.6	7:14	4:21	
9	Tue	8:54	10.6	9:41	9.1	2:35	0.4	3:26	-0.9	7:13	4:22	
10	Wed	9:51	10.8	10:35	9.3	3:32	0.2	4:21	-1.1	7:13	4:23	
11	Thu	10:44	10.9	11:26	9.4	4:26	0.0	5:12	-1.2	7:13	4:25	
12	Fri	11:35	10.8			5:18	0.0	5:59	-1.1	7:12	4:26	
13	Sat	12:13	9.5	12:22	10.6	6:07	0.0	6:44	-0.9	7:12	4:27	
14	Sun	12:59	9.4	1:09	10.1	6:55	0.2	7:28	-0.5	7:11	4:28	
15	Mon	1:43	9.3	1:55	9.6	7:43	0.4	8:11	0.0	7:11	4:29	
16	Tue	2:28	9.2	2:43	9.0	8:32	0.7	8:54	0.5	7:10	4:30	
17	Wed	3:13	9.0	3:34	8.4	9:23	1.0	9:39	1.0	7:10	4:32	
18	Thu	4:00	8.8	4:27	7.9	10:16	1.2	10:27	1.5	7:09	4:33	
19	Fri	4:49	8.6	5:24	7.6	11:12	1.4	11:18	1.8	7:09	4:34	
20	Sat	5:42	8.5	6:24	7.4			12:12	1.5	7:08	4:35	
21	Sun	6:37	8.5	7:24	7.4	12:14	2.0	1:13	1.4	7:07	4:37	
22	Mon	7:33	8.7	8:19	7.5	1:12	2.0	2:08	1.1	7:07	4:38	
23	Tue	8:23	9.0	9:07	7.8	2:05	1.9	2:56	0.7	7:06	4:39	
24	Wed	9:09	9.4	9:50	8.1	2:52	1.5	3:38	0.3	7:05	4:41	
25	Thu	9:52	9.7	10:31	8.5	3:35	1.2	4:18	-0.1	7:04	4:42	
26	Fri	10:33	10.1	11:10	8.9	4:17	0.8	4:56	-0.4	7:03	4:43	
27	Sat	11:13	10.3	11:47	9.2	4:58	0.4	5:33	-0.7	7:02	4:45	
28	Sun	11:54	10.5			5:40	0.0	6:11	-0.9	7:01	4:46	
29	Mon	12:25	9.6	12:36	10.4	6:24	-0.3	6:51	-1.0	7:00	4:47	
30	Tue	1:05	9.9	1:20	10.2	7:09	-0.4	7:33	-0.8	6:59	4:49	
31	Wed	1:48	10.1	2:08	9.9	7:58	-0.5	8:19	-0.5	6:58	4:50	