

Fore River, Portland, ME - Mar 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	1:22	10.8	1:53	9.9	7:40	-1.2	7:56	-0.5	6:17	5:29	
2	Fri	2:11	10.6	2:48	9.4	8:34	-0.9	8:49	0.0	6:15	5:30	
3	Sat	3:06	10.3	3:50	8.8	9:34	-0.5	9:48	0.6	6:14	5:32	
4	Sun	4:08	9.9	4:59	8.4	10:39	0.0	10:53	1.0	6:12	5:33	
5	Mon	5:17	9.6	6:12	8.2	11:51	0.3			6:10	5:34	
6	Tue	6:30	9.4	7:23	8.3	12:05	1.2	1:05	0.3	6:09	5:35	
7	Wed	7:40	9.5	8:26	8.6	1:19	1.2	2:11	0.1	6:07	5:37	
8	Thu	8:41	9.7	9:19	9.0	2:24	0.8	3:06	-0.1	6:05	5:38	
9	Fri	9:34	9.9	10:06	9.3	3:19	0.4	3:54	-0.3	6:03	5:39	
10	Sat	10:22	10.0	10:48	9.6	4:08	0.1	4:36	-0.3	6:02	5:40	
11	Sun	11:05	9.9	11:26	9.7	4:52	-0.1	5:15	-0.2	6:00	5:42	
12	Mon	11:45	9.7			5:33	-0.2	5:50	0.0	5:58	5:43	
13	Tue	12:01	9.7	12:23	9.4	6:11	-0.2	6:24	0.3	5:56	5:44	
14	Wed	12:35	9.7	1:00	9.1	6:48	0.0	6:58	0.6	5:55	5:45	
15	Thu	1:09	9.5	1:38	8.7	7:25	0.2	7:33	1.0	5:53	5:47	
16	Fri	1:44	9.3	2:18	8.3	8:04	0.5	8:11	1.4	5:51	5:48	
17	Sat	2:24	9.0	3:03	7.9	8:48	0.9	8:55	1.7	5:49	5:49	
18	Sun	3:09	8.7	3:54	7.5	9:36	1.2	9:43	2.0	5:47	5:50	
19	Mon	4:00	8.5	4:50	7.3	10:30	1.4	10:37	2.2	5:46	5:51	
20	Tue	4:58	8.4	5:50	7.3	11:29	1.5	11:37	2.2	5:44	5:53	
21	Wed	5:59	8.5	6:51	7.6			12:30	1.3	5:42	5:54	
22	Thu	7:00	8.8	7:45	8.1	12:40	1.9	1:28	1.0	5:40	5:55	
23	Fri	7:56	9.2	8:33	8.7	1:39	1.4	2:18	0.4	5:38	5:56	
24	Sat	8:47	9.7	9:17	9.5	2:32	0.7	3:03	-0.1	5:37	5:57	
25	Sun	9:35	10.1	9:59	10.2	3:20	-0.1	3:46	-0.6	5:35	5:59	
26	Mon	10:22	10.5	10:42	10.8	4:08	-0.8	4:29	-0.9	5:33	6:00	
27	Tue	11:10	10.6	11:27	11.2	4:55	-1.4	5:13	-1.0	5:31	6:01	
28	Wed	11:58	10.6			5:43	-1.7	5:59	-1.0	5:29	6:02	
29	Thu	12:12	11.4	12:47	10.3	6:32	-1.8	6:47	-0.7	5:28	6:03	
30	Fri	1:00	11.3	1:40	9.9	7:24	-1.6	7:37	-0.3	5:26	6:05	
31	Sat	1:52	10.9	2:37	9.4	8:20	-1.1	8:33	0.3	5:24	6:06	