

Fore River, Portland, ME - Aug 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	8:05	7.6	8:15	8.9	1:55	1.5	1:53	2.2	5:30	8:04	
2	Thu	9:01	7.6	9:08	9.1	2:52	1.4	2:48	2.1	5:31	8:03	
3	Fri	9:51	7.8	9:55	9.4	3:42	1.1	3:37	1.9	5:32	8:02	
4	Sat	10:36	8.1	10:39	9.7	4:26	0.8	4:22	1.6	5:33	8:00	
5	Sun	11:18	8.4	11:20	9.9	5:06	0.5	5:03	1.3	5:34	7:59	
6	Mon	11:57	8.8	11:59	10.1	5:43	0.2	5:44	0.9	5:35	7:58	
7	Tue			12:34	9.1	6:19	-0.1	6:25	0.6	5:36	7:57	
8	Wed	12:39	10.3	1:10	9.5	6:55	-0.3	7:06	0.3	5:37	7:55	
9	Thu	1:18	10.3	1:47	9.8	7:33	-0.4	7:49	0.1	5:38	7:54	
10	Fri	2:00	10.2	2:27	10.1	8:12	-0.4	8:35	-0.1	5:40	7:52	
11	Sat	2:45	9.9	3:10	10.2	8:55	-0.2	9:25	-0.1	5:41	7:51	
12	Sun	3:35	9.6	3:59	10.3	9:42	0.0	10:20	0.0	5:42	7:50	
13	Mon	4:30	9.2	4:53	10.2	10:34	0.4	11:19	0.1	5:43	7:48	
14	Tue	5:31	8.8	5:52	10.2	11:31	0.7			5:44	7:47	
15	Wed	6:37	8.5	6:58	10.1	12:23	0.2	12:33	0.9	5:45	7:45	
16	Thu	7:48	8.5	8:06	10.2	1:32	0.2	1:41	1.0	5:46	7:44	
17	Fri	8:55	8.7	9:11	10.4	2:41	0.1	2:49	0.8	5:47	7:42	
18	Sat	9:56	9.0	10:10	10.6	3:43	-0.2	3:50	0.5	5:49	7:40	
19	Sun	10:51	9.3	11:05	10.7	4:38	-0.5	4:46	0.2	5:50	7:39	
20	Mon	11:41	9.6	11:55	10.7	5:28	-0.7	5:39	0.0	5:51	7:37	
21	Tue			12:27	9.9	6:14	-0.7	6:28	-0.1	5:52	7:36	
22	Wed	12:43	10.5	1:11	9.9	6:57	-0.5	7:14	-0.1	5:53	7:34	
23	Thu	1:28	10.2	1:52	9.9	7:38	-0.2	7:59	0.1	5:54	7:32	
24	Fri	2:11	9.7	2:32	9.7	8:18	0.3	8:44	0.4	5:55	7:31	
25	Sat	2:55	9.2	3:13	9.5	8:58	0.8	9:30	0.7	5:56	7:29	
26	Sun	3:42	8.7	3:57	9.2	9:41	1.3	10:19	1.1	5:58	7:27	
27	Mon	4:32	8.2	4:46	8.9	10:26	1.7	11:11	1.4	5:59	7:26	
28	Tue	5:26	7.8	5:38	8.7	11:16	2.1			6:00	7:24	
29	Wed	6:23	7.5	6:34	8.6	12:07	1.6	12:11	2.3	6:01	7:22	
30	Thu	7:23	7.5	7:34	8.7	1:08	1.7	1:09	2.3	6:02	7:21	
31	Fri	8:21	7.6	8:30	8.9	2:09	1.6	2:09	2.2	6:03	7:19	