

Fore River, Portland, ME - Jan 1996

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	7:48	9.6	8:23	8.6	1:30	0.9	2:14	0.3	7:14	4:14	
2	Tue	8:38	9.6	9:13	8.6	2:22	0.9	3:04	0.1	7:14	4:15	
3	Wed	9:23	9.7	9:58	8.7	3:09	0.9	3:48	0.0	7:14	4:16	
4	Thu	10:04	9.8	10:39	8.7	3:51	0.9	4:29	-0.1	7:14	4:17	
5	Fri	10:44	9.8	11:18	8.8	4:31	0.8	5:06	-0.1	7:14	4:18	
6	Sat	11:21	9.8	11:54	8.8	5:07	0.8	5:41	-0.1	7:14	4:19	
7	Sun	11:56	9.8			5:43	0.8	6:14	-0.1	7:14	4:20	
8	Mon	12:29	8.8	12:31	9.7	6:18	0.8	6:48	0.0	7:14	4:21	
9	Tue	1:03	8.8	1:06	9.5	6:55	0.8	7:22	0.0	7:13	4:22	
10	Wed	1:38	8.8	1:43	9.3	7:34	0.9	7:59	0.2	7:13	4:23	
11	Thu	2:15	8.9	2:25	9.1	8:16	0.9	8:40	0.3	7:13	4:24	
12	Fri	2:56	8.9	3:11	8.8	9:03	0.9	9:25	0.4	7:13	4:25	
13	Sat	3:42	9.1	4:03	8.6	9:54	0.8	10:14	0.5	7:12	4:26	
14	Sun	4:32	9.2	5:00	8.5	10:50	0.7	11:07	0.6	7:12	4:28	
15	Mon	5:28	9.5	6:03	8.5	11:51	0.4			7:11	4:29	
16	Tue	6:27	9.8	7:08	8.7	12:06	0.5	12:55	0.0	7:11	4:30	
17	Wed	7:29	10.3	8:11	9.1	1:08	0.3	1:57	-0.5	7:10	4:31	
18	Thu	8:28	10.8	9:10	9.6	2:09	-0.1	2:55	-1.1	7:10	4:32	
19	Fri	9:25	11.3	10:06	10.0	3:07	-0.6	3:51	-1.7	7:09	4:34	
20	Sat	10:20	11.6	11:00	10.4	4:03	-1.0	4:44	-2.0	7:08	4:35	
21	Sun	11:15	11.8	11:52	10.6	4:58	-1.2	5:36	-2.2	7:08	4:36	
22	Mon			12:08	11.6	5:52	-1.3	6:27	-2.1	7:07	4:37	
23	Tue	12:43	10.7	1:00	11.3	6:45	-1.2	7:17	-1.7	7:06	4:39	
24	Wed	1:35	10.6	1:54	10.7	7:39	-1.0	8:08	-1.2	7:05	4:40	
25	Thu	2:28	10.3	2:50	10.0	8:36	-0.5	9:02	-0.6	7:04	4:41	
26	Fri	3:23	10.0	3:49	9.3	9:35	-0.1	9:57	0.1	7:04	4:43	
27	Sat	4:19	9.6	4:50	8.7	10:36	0.3	10:54	0.7	7:03	4:44	
28	Sun	5:17	9.3	5:52	8.3	11:40	0.6	11:54	1.1	7:02	4:45	
29	Mon	6:16	9.1	6:55	8.1			12:44	0.8	7:01	4:47	
30	Tue	7:15	9.1	7:54	8.1	12:55	1.3	1:45	0.7	7:00	4:48	
31	Wed	8:09	9.1	8:46	8.2	1:53	1.3	2:37	0.5	6:59	4:49	