

































## Fort Popham, ME - Mar 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	1:31	10.0	2:01	9.2	7:45	-1.0	8:01	-0.4	6:15	5:27	
2	Fri	2:22	10.0	2:57	8.7	8:41	-0.8	8:55	0.0	6:14	5:28	
3	Sat	3:19	9.8	3:59	8.3	9:42	-0.5	9:55	0.4	6:12	5:29	
4	Sun	4:21	9.5	5:06	7.9	10:48	-0.2	11:01	0.7	6:10	5:31	
5	Mon	5:29	9.3	6:16	7.8	11:57	0.0			6:08	5:32	
6	Tue	6:38	9.2	7:23	7.9	12:11	0.9	1:06	0.0	6:07	5:33	
7	Wed	7:43	9.2	8:24	8.1	1:20	0.8	2:10	-0.1	6:05	5:34	
8	Thu	8:42	9.3	9:18	8.4	2:23	0.6	3:06	-0.2	6:03	5:36	
9	Fri	9:34	9.3	10:05	8.7	3:19	0.4	3:54	-0.2	6:01	5:37	
10	Sat	10:21	9.3	10:47	8.8	4:08	0.2	4:36	-0.2	6:00	5:38	
11	Sun	11:04	9.1	11:26	8.9	4:51	0.1	5:14	-0.1	5:58	5:40	
12	Mon	11:44	8.9			5:31	0.1	5:48	0.1	5:56	5:41	
13	Tue	12:02	8.9	12:22	8.6	6:08	0.1	6:22	0.4	5:54	5:42	
14	Wed	12:37	8.8	1:00	8.3	6:45	0.2	6:56	0.6	5:53	5:43	
15	Thu	1:13	8.7	1:39	8.0	7:23	0.3	7:33	0.9	5:51	5:44	
16	Fri	1:51	8.5	2:21	7.7	8:04	0.5	8:13	1.2	5:49	5:46	
17	Sat	2:33	8.3	3:07	7.3	8:50	0.8	8:59	1.5	5:47	5:47	
18	Sun	3:20	8.1	4:00	7.0	9:41	1.0	9:50	1.8	5:45	5:48	
19	Mon	4:14	7.9	4:59	6.8	10:38	1.2	10:47	2.0	5:44	5:49	
20	Tue	5:14	7.8	6:00	6.8	11:38	1.3	11:48	1.9	5:42	5:51	
21	Wed	6:15	7.9	6:59	7.1			12:38	1.1	5:40	5:52	
22	Thu	7:13	8.2	7:52	7.5	12:48	1.7	1:32	0.8	5:38	5:53	
23	Fri	8:06	8.5	8:39	8.0	1:44	1.3	2:22	0.5	5:36	5:54	
24	Sat	8:55	8.9	9:23	8.7	2:36	0.7	3:07	0.1	5:34	5:55	
25	Sun	9:42	9.3	10:06	9.3	3:25	0.1	3:50	-0.3	5:33	5:57	
26	Mon	10:28	9.6	10:49	9.9	4:12	-0.5	4:33	-0.6	5:31	5:58	
27	Tue	11:15	9.7	11:33	10.3	4:59	-1.0	5:17	-0.7	5:29	5:59	
28	Wed			12:03	9.7	5:47	-1.4	6:02	-0.7	5:27	6:00	
29	Thu	12:19	10.5	12:53	9.5	6:36	-1.5	6:50	-0.5	5:25	6:01	
30	Fri	1:09	10.5	1:46	9.2	7:29	-1.4	7:41	-0.2	5:24	6:03	
31	Sat	2:02	10.3	2:43	8.8	8:25	-1.0	8:38	0.2	5:22	6:04	