

































## Fort Popham, ME - Jul 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	6:49	7.8	7:15	8.6	12:37	1.1	12:50	1.3	5:00	8:24	
2	Mon	7:47	7.6	8:07	8.6	1:35	1.1	1:42	1.5	5:01	8:24	
3	Tue	8:42	7.4	8:56	8.7	2:30	1.1	2:33	1.7	5:02	8:24	
4	Wed	9:33	7.4	9:43	8.7	3:22	1.0	3:22	1.8	5:02	8:24	
5	Thu	10:20	7.4	10:27	8.8	4:09	0.8	4:07	1.7	5:03	8:24	
6	Fri	11:04	7.5	11:08	8.9	4:52	0.7	4:49	1.7	5:03	8:23	
7	Sat	11:44	7.6	11:47	9.0	5:32	0.6	5:28	1.6	5:04	8:23	
8	Sun			12:23	7.7	6:09	0.4	6:07	1.4	5:05	8:22	
9	Mon	12:25	9.1	1:01	7.9	6:46	0.3	6:46	1.2	5:06	8:22	
10	Tue	1:04	9.2	1:39	8.1	7:23	0.1	7:28	1.1	5:06	8:22	
11	Wed	1:43	9.2	2:19	8.4	8:01	0.0	8:12	0.9	5:07	8:21	
12	Thu	2:26	9.2	3:01	8.7	8:42	0.0	9:00	0.7	5:08	8:20	
13	Fri	3:13	9.0	3:47	8.9	9:26	0.1	9:52	0.6	5:09	8:20	
14	Sat	4:04	8.8	4:36	9.1	10:14	0.2	10:48	0.5	5:10	8:19	
15	Sun	5:01	8.5	5:31	9.3	11:06	0.4	11:49	0.4	5:11	8:19	
16	Mon	6:03	8.2	6:30	9.5			12:02	0.6	5:11	8:18	
17	Tue	7:08	8.1	7:31	9.7	12:52	0.2	1:02	0.7	5:12	8:17	
18	Wed	8:13	8.1	8:32	10.0	1:56	0.0	2:04	0.7	5:13	8:16	
19	Thu	9:15	8.3	9:32	10.2	3:00	-0.3	3:05	0.6	5:14	8:16	
20	Fri	10:14	8.5	10:28	10.4	3:59	-0.6	4:05	0.4	5:15	8:15	
21	Sat	11:09	8.8	11:22	10.5	4:55	-0.8	5:01	0.2	5:16	8:14	
22	Sun			12:01	9.0	5:47	-0.9	5:54	0.1	5:17	8:13	
23	Mon	12:14	10.5	12:50	9.1	6:36	-0.9	6:45	0.0	5:18	8:12	
24	Tue	1:03	10.3	1:37	9.2	7:22	-0.8	7:35	0.1	5:19	8:11	
25	Wed	1:52	9.9	2:24	9.2	8:07	-0.5	8:24	0.2	5:20	8:10	
26	Thu	2:40	9.5	3:10	9.1	8:51	-0.1	9:13	0.5	5:21	8:09	
27	Fri	3:28	8.9	3:57	8.9	9:36	0.3	10:04	0.7	5:22	8:08	
28	Sat	4:18	8.4	4:45	8.7	10:22	0.8	10:57	1.0	5:23	8:07	
29	Sun	5:11	7.9	5:36	8.5	11:11	1.2	11:53	1.2	5:24	8:06	
30	Mon	6:08	7.5	6:30	8.4			12:03	1.6	5:25	8:05	
31	Tue	7:06	7.2	7:26	8.3	12:51	1.3	12:58	1.8	5:26	8:04	