






























Fort Popham, ME - Aug 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	8:05	7.1	8:20	8.4	1:50	1.3	1:54	1.9	5:27	8:02	
2	Thu	9:00	7.2	9:11	8.5	2:46	1.2	2:47	1.9	5:28	8:01	
3	Fri	9:49	7.3	9:58	8.7	3:37	1.0	3:36	1.8	5:30	8:00	
4	Sat	10:34	7.5	10:42	8.9	4:22	0.8	4:21	1.6	5:31	7:59	
5	Sun	11:15	7.8	11:22	9.1	5:03	0.5	5:03	1.3	5:32	7:57	
6	Mon	11:54	8.1			5:41	0.3	5:43	1.0	5:33	7:56	
7	Tue	12:01	9.3	12:31	8.4	6:17	0.1	6:24	0.7	5:34	7:55	
8	Wed	12:40	9.4	1:09	8.8	6:54	-0.1	7:05	0.4	5:35	7:53	
9	Thu	1:21	9.4	1:48	9.1	7:32	-0.2	7:50	0.1	5:36	7:52	
10	Fri	2:04	9.3	2:30	9.4	8:13	-0.2	8:38	0.0	5:37	7:51	
11	Sat	2:51	9.1	3:17	9.5	8:57	-0.1	9:30	-0.1	5:38	7:49	
12	Sun	3:43	8.8	4:08	9.6	9:46	0.2	10:26	0.0	5:40	7:48	
13	Mon	4:41	8.5	5:06	9.6	10:41	0.5	11:29	0.1	5:41	7:46	
14	Tue	5:45	8.1	6:09	9.5	11:41	0.7			5:42	7:45	
15	Wed	6:53	8.0	7:15	9.6	12:35	0.1	12:45	0.9	5:43	7:43	
16	Thu	8:00	8.0	8:20	9.7	1:43	0.0	1:52	0.9	5:44	7:42	
17	Fri	9:04	8.2	9:22	9.9	2:48	-0.1	2:57	0.7	5:45	7:40	
18	Sat	10:02	8.5	10:18	10.1	3:48	-0.3	3:57	0.5	5:46	7:39	
19	Sun	10:55	8.9	11:10	10.1	4:42	-0.5	4:52	0.2	5:47	7:37	
20	Mon	11:43	9.1	11:59	10.0	5:31	-0.6	5:43	0.0	5:49	7:35	
21	Tue			12:28	9.3	6:15	-0.5	6:29	0.0	5:50	7:34	
22	Wed	12:45	9.8	1:11	9.3	6:56	-0.4	7:14	0.0	5:51	7:32	
23	Thu	1:29	9.4	1:52	9.2	7:36	-0.1	7:57	0.2	5:52	7:31	
24	Fri	2:12	9.0	2:33	9.1	8:15	0.3	8:41	0.4	5:53	7:29	
25	Sat	2:56	8.6	3:15	8.9	8:56	0.7	9:26	0.7	5:54	7:27	
26	Sun	3:42	8.1	4:01	8.6	9:39	1.1	10:15	1.0	5:55	7:26	
27	Mon	4:32	7.6	4:50	8.3	10:26	1.5	11:08	1.2	5:56	7:24	
28	Tue	5:26	7.3	5:45	8.1	11:18	1.9			5:58	7:22	
29	Wed	6:26	7.0	6:44	8.0	12:07	1.4	12:15	2.1	5:59	7:20	
30	Thu	7:26	7.0	7:42	8.1	1:07	1.5	1:14	2.1	6:00	7:19	
31	Fri	8:24	7.1	8:37	8.3	2:06	1.3	2:12	2.0	6:01	7:17	