

Newcastle, ME - Aug 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	3:38	10.5	4:08	10.7	9:58	-0.6	10:31	-0.3	5:26	8:02	
2	Mon	4:35	10.1	5:04	10.7	10:52	-0.3	11:31	-0.2	5:27	8:01	
3	Tue	5:36	9.7	6:03	10.6	11:49	0.1			5:28	7:59	
4	Wed	6:40	9.3	7:05	10.5	12:34	0.0	12:50	0.4	5:29	7:58	
5	Thu	7:48	9.1	8:10	10.6	1:41	0.0	1:55	0.6	5:30	7:57	
6	Fri	8:55	9.2	9:13	10.7	2:49	-0.1	3:00	0.6	5:32	7:55	
7	Sat	9:55	9.3	10:11	10.8	3:51	-0.3	4:01	0.4	5:33	7:54	
8	Sun	10:50	9.5	11:04	10.9	4:46	-0.5	4:55	0.3	5:34	7:53	
9	Mon	11:40	9.7	11:53	10.8	5:36	-0.6	5:46	0.2	5:35	7:51	
10	Tue			12:27	9.9	6:23	-0.6	6:34	0.1	5:36	7:50	
11	Wed	12:39	10.7	1:10	9.9	7:05	-0.5	7:18	0.2	5:37	7:48	
12	Thu	1:22	10.4	1:50	9.9	7:45	-0.2	8:01	0.3	5:38	7:47	
13	Fri	2:03	10.1	2:29	9.8	8:23	0.1	8:42	0.5	5:39	7:45	
14	Sat	2:44	9.7	3:08	9.6	9:01	0.4	9:25	0.8	5:41	7:44	
15	Sun	3:27	9.3	3:49	9.4	9:41	0.8	10:10	1.0	5:42	7:42	
16	Mon	4:12	8.8	4:33	9.3	10:23	1.1	10:57	1.2	5:43	7:41	
17	Tue	5:01	8.4	5:21	9.1	11:08	1.5	11:48	1.4	5:44	7:39	
18	Wed	5:53	8.1	6:11	9.0	11:56	1.7			5:45	7:38	
19	Thu	6:48	8.0	7:05	9.0	12:42	1.5	12:49	1.9	5:46	7:36	
20	Fri	7:46	8.0	8:01	9.2	1:40	1.5	1:45	1.8	5:47	7:34	
21	Sat	8:42	8.2	8:55	9.5	2:37	1.2	2:41	1.6	5:49	7:33	
22	Sun	9:33	8.5	9:44	10.0	3:29	0.8	3:34	1.2	5:50	7:31	
23	Mon	10:20	9.0	10:31	10.4	4:16	0.3	4:22	0.7	5:51	7:29	
24	Tue	11:04	9.6	11:17	10.8	5:00	-0.2	5:10	0.1	5:52	7:28	
25	Wed	11:48	10.1			5:43	-0.6	5:57	-0.4	5:53	7:26	
26	Thu	12:04	11.1	12:32	10.6	6:27	-1.0	6:45	-0.8	5:54	7:24	
27	Fri	12:51	11.2	1:17	11.0	7:11	-1.2	7:33	-1.0	5:55	7:23	
28	Sat	1:39	11.2	2:03	11.2	7:57	-1.2	8:24	-1.1	5:57	7:21	
29	Sun	2:29	10.9	2:52	11.3	8:45	-1.0	9:17	-1.0	5:58	7:19	
30	Mon	3:22	10.5	3:46	11.1	9:37	-0.6	10:14	-0.7	5:59	7:17	
31	Tue	4:21	10.0	4:44	10.8	10:33	-0.2	11:16	-0.4	6:00	7:16	