

































Newcastle, ME - Jul 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	7:02	8.4	7:26	9.4	1:03	1.3	1:13	1.5	4:58	8:24	
2	Mon	8:01	8.1	8:18	9.3	2:03	1.3	2:06	1.8	4:59	8:24	
3	Tue	8:58	8.0	9:09	9.4	3:00	1.2	2:59	1.9	5:00	8:24	
4	Wed	9:51	8.1	9:56	9.5	3:52	1.0	3:48	1.9	5:00	8:24	
5	Thu	10:38	8.2	10:40	9.7	4:38	0.8	4:33	1.8	5:01	8:24	
6	Fri	11:23	8.3	11:22	9.9	5:21	0.6	5:15	1.7	5:01	8:23	
7	Sat			12:04	8.5	6:01	0.5	5:55	1.6	5:02	8:23	
8	Sun	12:02	10.0	12:44	8.6	6:38	0.3	6:34	1.4	5:03	8:22	
9	Mon	12:40	10.1	1:21	8.8	7:14	0.1	7:13	1.2	5:04	8:22	
10	Tue	1:18	10.2	1:57	9.0	7:50	0.0	7:53	1.1	5:04	8:22	
11	Wed	1:56	10.2	2:33	9.3	8:26	-0.1	8:35	0.9	5:05	8:21	
12	Thu	2:36	10.1	3:12	9.5	9:04	-0.1	9:20	0.7	5:06	8:20	
13	Fri	3:20	10.0	3:54	9.8	9:46	-0.1	10:10	0.6	5:07	8:20	
14	Sat	4:09	9.7	4:41	10.0	10:31	0.1	11:03	0.5	5:08	8:19	
15	Sun	5:02	9.4	5:31	10.3	11:20	0.2			5:09	8:19	
16	Mon	6:00	9.2	6:26	10.4	12:00	0.4	12:13	0.5	5:09	8:18	
17	Tue	7:03	8.9	7:25	10.6	1:01	0.2	1:11	0.6	5:10	8:17	
18	Wed	8:10	8.9	8:29	10.8	2:07	0.1	2:14	0.7	5:11	8:16	
19	Thu	9:17	9.0	9:31	11.0	3:13	-0.2	3:18	0.6	5:12	8:16	
20	Fri	10:19	9.2	10:31	11.3	4:14	-0.6	4:19	0.4	5:13	8:15	
21	Sat	11:17	9.5	11:28	11.4	5:12	-0.8	5:17	0.2	5:14	8:14	
22	Sun			12:12	9.7	6:06	-1.0	6:13	0.1	5:15	8:13	
23	Mon	12:22	11.4	1:03	9.9	6:57	-1.1	7:06	0.0	5:16	8:12	
24	Tue	1:14	11.2	1:52	10.0	7:45	-0.9	7:58	0.1	5:17	8:11	
25	Wed	2:03	10.9	2:38	10.0	8:31	-0.6	8:48	0.3	5:18	8:10	
26	Thu	2:52	10.3	3:24	9.9	9:16	-0.2	9:39	0.5	5:19	8:09	
27	Fri	3:41	9.7	4:11	9.7	10:01	0.3	10:31	0.8	5:20	8:08	
28	Sat	4:33	9.1	4:59	9.5	10:47	0.9	11:24	1.1	5:21	8:07	
29	Sun	5:26	8.6	5:48	9.3	11:35	1.4			5:22	8:06	
30	Mon	6:21	8.1	6:39	9.1	12:19	1.3	12:25	1.8	5:23	8:05	
31	Tue	7:19	7.8	7:33	9.0	1:17	1.5	1:19	2.1	5:25	8:03	