

Portland, ME - Nov 1969

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	3:49	7.8	3:52	8.6	9:35	2.3	10:22	1.4	6:16	4:32	
2	Sun	4:44	7.7	4:49	8.4	10:32	2.3	11:16	1.5	6:18	4:31	
3	Mon	5:38	7.8	5:46	8.4	11:31	2.2			6:19	4:29	
4	Tue	6:30	8.1	6:42	8.5	12:09	1.4	12:29	2.0	6:20	4:28	
5	Wed	7:18	8.5	7:34	8.7	12:59	1.3	1:22	1.5	6:22	4:27	
6	Thu	8:00	9.0	8:21	8.9	1:43	1.1	2:10	1.0	6:23	4:25	
7	Fri	8:39	9.6	9:05	9.1	2:24	0.8	2:53	0.4	6:24	4:24	
8	Sat	9:17	10.1	9:48	9.3	3:03	0.6	3:35	-0.2	6:26	4:23	
9	Sun	9:56	10.5	10:31	9.5	3:43	0.4	4:17	-0.6	6:27	4:22	
10	Mon	10:37	10.8	11:16	9.5	4:25	0.3	5:02	-0.9	6:28	4:21	
11	Tue	11:21	11.0			5:09	0.2	5:48	-1.0	6:29	4:20	
12	Wed	12:03	9.5	12:08	11.0	5:55	0.2	6:37	-1.0	6:31	4:19	
13	Thu	12:52	9.3	12:59	10.8	6:45	0.4	7:29	-0.8	6:32	4:18	
14	Fri	1:46	9.1	1:55	10.5	7:39	0.6	8:27	-0.5	6:33	4:17	
15	Sat	2:47	8.9	2:57	10.2	8:40	0.8	9:29	-0.2	6:35	4:16	
16	Sun	3:51	8.9	4:05	9.8	9:46	1.0	10:32	0.1	6:36	4:15	
17	Mon	4:57	9.0	5:14	9.5	10:56	1.0	11:36	0.2	6:37	4:14	
18	Tue	6:00	9.2	6:22	9.4			12:06	0.8	6:39	4:13	
19	Wed	7:01	9.6	7:27	9.3	12:39	0.3	1:14	0.5	6:40	4:12	
20	Thu	7:55	9.9	8:25	9.3	1:36	0.3	2:13	0.1	6:41	4:11	
21	Fri	8:45	10.2	9:18	9.3	2:28	0.4	3:06	-0.3	6:42	4:11	
22	Sat	9:30	10.3	10:06	9.2	3:16	0.5	3:54	-0.5	6:44	4:10	
23	Sun	10:13	10.3	10:52	9.1	4:00	0.6	4:39	-0.5	6:45	4:09	
24	Mon	10:54	10.2	11:35	8.9	4:42	0.8	5:21	-0.4	6:46	4:09	
25	Tue	11:34	10.1			5:22	1.0	6:02	-0.2	6:47	4:08	
26	Wed	12:16	8.7	12:14	9.8	6:02	1.2	6:42	0.1	6:48	4:07	
27	Thu	12:57	8.5	12:54	9.5	6:42	1.5	7:22	0.4	6:50	4:07	
28	Fri	1:38	8.2	1:36	9.3	7:23	1.7	8:04	0.7	6:51	4:06	
29	Sat	2:22	8.1	2:21	9.0	8:08	1.9	8:49	0.9	6:52	4:06	
30	Sun	3:09	8.0	3:10	8.7	8:57	2.0	9:35	1.1	6:53	4:05	