

Portland, ME - Jan 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	4:33	8.6	4:56	8.0	10:47	1.4	11:00	1.3	7:14	4:14	
2	Fri	5:21	8.9	5:54	7.9	11:43	1.1	11:53	1.3	7:14	4:15	
3	Sat	6:14	9.2	6:56	8.0			12:43	0.8	7:14	4:16	
4	Sun	7:11	9.6	7:57	8.2	12:50	1.2	1:43	0.3	7:14	4:17	
5	Mon	8:07	10.1	8:53	8.6	1:48	0.9	2:40	-0.3	7:14	4:18	
6	Tue	9:01	10.6	9:48	9.0	2:44	0.5	3:34	-0.9	7:14	4:19	
7	Wed	9:56	11.1	10:41	9.4	3:38	0.1	4:26	-1.3	7:14	4:20	
8	Thu	10:50	11.4	11:34	9.7	4:32	-0.3	5:19	-1.6	7:14	4:21	
9	Fri	11:44	11.5			5:26	-0.5	6:10	-1.8	7:13	4:22	
10	Sat	12:25	10.0	12:37	11.4	6:21	-0.7	7:00	-1.7	7:13	4:23	
11	Sun	1:17	10.1	1:31	11.0	7:16	-0.6	7:51	-1.3	7:13	4:24	
12	Mon	2:10	10.1	2:28	10.4	8:13	-0.4	8:44	-0.9	7:12	4:25	
13	Tue	3:05	10.0	3:28	9.7	9:14	-0.2	9:39	-0.3	7:12	4:27	
14	Wed	4:01	9.9	4:30	9.1	10:16	0.1	10:35	0.3	7:11	4:28	
15	Thu	4:59	9.7	5:34	8.5	11:21	0.3	11:34	0.9	7:11	4:29	
16	Fri	5:58	9.5	6:40	8.2			12:27	0.5	7:10	4:30	
17	Sat	6:58	9.3	7:44	8.0	12:37	1.3	1:32	0.5	7:10	4:31	
18	Sun	7:56	9.3	8:41	8.0	1:38	1.4	2:29	0.4	7:09	4:33	
19	Mon	8:48	9.4	9:30	8.1	2:33	1.4	3:20	0.2	7:09	4:34	
20	Tue	9:35	9.5	10:15	8.2	3:21	1.3	4:05	0.1	7:08	4:35	
21	Wed	10:18	9.6	10:56	8.4	4:04	1.2	4:46	0.1	7:07	4:36	
22	Thu	10:57	9.6	11:33	8.5	4:44	1.1	5:22	0.0	7:07	4:38	
23	Fri	11:34	9.6			5:21	1.0	5:56	0.0	7:06	4:39	
24	Sat	12:07	8.6	12:09	9.6	5:56	0.9	6:27	0.1	7:05	4:40	
25	Sun	12:40	8.7	12:43	9.4	6:32	0.9	6:58	0.2	7:04	4:42	
26	Mon	1:12	8.7	1:18	9.2	7:08	0.9	7:31	0.3	7:03	4:43	
27	Tue	1:45	8.8	1:55	8.9	7:46	0.9	8:06	0.5	7:02	4:44	
28	Wed	2:20	8.9	2:36	8.5	8:28	0.9	8:45	0.7	7:01	4:46	
29	Thu	3:00	8.9	3:23	8.2	9:15	0.9	9:28	1.0	7:00	4:47	
30	Fri	3:45	9.0	4:16	7.9	10:07	0.9	10:18	1.2	6:59	4:48	
31	Sat	4:36	9.1	5:15	7.7	11:04	0.8	11:14	1.3	6:58	4:50	