

Portland, ME - Jul 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	2:01	10.4	2:38	9.6	8:21	-0.6	8:36	0.4	5:03	8:26	
2	Fri	2:47	10.3	3:25	9.8	9:06	-0.6	9:28	0.3	5:03	8:26	
3	Sat	3:38	10.1	4:15	10.0	9:55	-0.4	10:23	0.2	5:04	8:25	
4	Sun	4:33	9.8	5:08	10.2	10:47	-0.3	11:22	0.2	5:05	8:25	
5	Mon	5:33	9.5	6:05	10.3	11:42	-0.1			5:05	8:25	
6	Tue	6:36	9.3	7:04	10.5	12:24	0.1	12:40	0.1	5:06	8:25	
7	Wed	7:42	9.2	8:06	10.6	1:29	-0.1	1:42	0.3	5:07	8:24	
8	Thu	8:48	9.2	9:07	10.9	2:34	-0.3	2:45	0.3	5:07	8:24	
9	Fri	9:49	9.4	10:04	11.0	3:36	-0.6	3:44	0.2	5:08	8:23	
10	Sat	10:46	9.5	10:58	11.1	4:32	-0.8	4:40	0.1	5:09	8:23	
11	Sun	11:40	9.7	11:50	11.1	5:25	-1.0	5:33	0.0	5:10	8:22	
12	Mon			12:30	9.8	6:15	-1.0	6:24	0.1	5:10	8:22	
13	Tue	12:40	10.9	1:18	9.8	7:03	-0.9	7:13	0.2	5:11	8:21	
14	Wed	1:27	10.6	2:03	9.7	7:47	-0.6	8:01	0.4	5:12	8:21	
15	Thu	2:13	10.2	2:48	9.6	8:31	-0.3	8:48	0.6	5:13	8:20	
16	Fri	2:59	9.8	3:33	9.4	9:14	0.1	9:36	0.9	5:14	8:19	
17	Sat	3:46	9.3	4:19	9.2	9:58	0.5	10:27	1.1	5:15	8:18	
18	Sun	4:36	8.8	5:06	9.1	10:43	0.9	11:18	1.3	5:16	8:18	
19	Mon	5:27	8.4	5:54	9.0	11:29	1.3			5:17	8:17	
20	Tue	6:21	8.1	6:44	9.0	12:11	1.5	12:18	1.6	5:18	8:16	
21	Wed	7:18	7.9	7:37	9.0	1:08	1.5	1:11	1.7	5:19	8:15	
22	Thu	8:15	7.9	8:29	9.2	2:05	1.4	2:05	1.7	5:20	8:14	
23	Fri	9:08	8.0	9:18	9.5	2:58	1.1	2:56	1.6	5:21	8:13	
24	Sat	9:56	8.3	10:03	9.8	3:45	0.8	3:44	1.3	5:22	8:12	
25	Sun	10:41	8.6	10:46	10.1	4:28	0.4	4:28	1.0	5:23	8:11	
26	Mon	11:23	9.0	11:29	10.4	5:10	0.0	5:12	0.7	5:24	8:10	
27	Tue			12:05	9.3	5:51	-0.4	5:57	0.3	5:25	8:09	
28	Wed	12:13	10.6	12:47	9.7	6:32	-0.7	6:42	0.0	5:26	8:08	
29	Thu	12:57	10.8	1:29	10.1	7:14	-0.9	7:29	-0.2	5:27	8:07	
30	Fri	1:42	10.8	2:13	10.3	7:57	-0.9	8:18	-0.4	5:28	8:06	
31	Sat	2:30	10.6	3:01	10.5	8:44	-0.8	9:10	-0.4	5:29	8:05	