

Portland, ME - Aug 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	3:22	10.3	3:52	10.5	9:33	-0.6	10:06	-0.3	5:30	8:04	
2	Mon	4:19	9.9	4:48	10.5	10:27	-0.3	11:06	-0.2	5:31	8:02	
3	Tue	5:20	9.5	5:47	10.4	11:24	0.1			5:32	8:01	
4	Wed	6:24	9.1	6:49	10.3	12:09	0.0	12:25	0.4	5:33	8:00	
5	Thu	7:32	9.0	7:54	10.3	1:16	0.0	1:30	0.6	5:34	7:59	
6	Fri	8:39	9.0	8:57	10.4	2:24	-0.1	2:35	0.6	5:35	7:57	
7	Sat	9:39	9.2	9:55	10.6	3:26	-0.3	3:36	0.4	5:36	7:56	
8	Sun	10:34	9.4	10:48	10.6	4:21	-0.4	4:30	0.3	5:38	7:54	
9	Mon	11:24	9.5	11:37	10.6	5:11	-0.6	5:21	0.2	5:39	7:53	
10	Tue			12:11	9.7	5:58	-0.6	6:09	0.1	5:40	7:52	
11	Wed	12:23	10.5	12:54	9.7	6:40	-0.4	6:53	0.2	5:41	7:50	
12	Thu	1:06	10.2	1:34	9.7	7:20	-0.2	7:36	0.3	5:42	7:49	
13	Fri	1:47	9.9	2:13	9.6	7:58	0.1	8:17	0.5	5:43	7:47	
14	Sat	2:28	9.5	2:52	9.4	8:36	0.4	9:00	0.7	5:44	7:46	
15	Sun	3:11	9.1	3:33	9.2	9:16	0.8	9:45	1.0	5:45	7:44	
16	Mon	3:56	8.7	4:17	9.1	9:58	1.1	10:32	1.2	5:47	7:43	
17	Tue	4:45	8.3	5:05	8.9	10:43	1.4	11:23	1.4	5:48	7:41	
18	Wed	5:37	8.0	5:55	8.8	11:31	1.7			5:49	7:40	
19	Thu	6:32	7.8	6:49	8.9	12:17	1.5	12:24	1.8	5:50	7:38	
20	Fri	7:30	7.8	7:45	9.0	1:15	1.4	1:20	1.8	5:51	7:36	
21	Sat	8:26	8.0	8:39	9.3	2:12	1.2	2:16	1.6	5:52	7:35	
22	Sun	9:17	8.4	9:28	9.8	3:04	0.8	3:09	1.2	5:53	7:33	
23	Mon	10:04	8.9	10:15	10.2	3:51	0.3	3:57	0.7	5:54	7:32	
24	Tue	10:48	9.4	11:01	10.6	4:35	-0.2	4:45	0.1	5:56	7:30	
25	Wed	11:32	9.9	11:48	10.9	5:18	-0.6	5:32	-0.4	5:57	7:28	
26	Thu			12:16	10.4	6:02	-1.0	6:20	-0.8	5:58	7:27	
27	Fri	12:35	11.0	1:01	10.8	6:46	-1.1	7:08	-1.0	5:59	7:25	
28	Sat	1:23	11.0	1:47	11.0	7:32	-1.1	7:59	-1.1	6:00	7:23	
29	Sun	2:13	10.7	2:36	11.0	8:20	-0.9	8:52	-1.0	6:01	7:21	
30	Mon	3:06	10.3	3:30	10.9	9:12	-0.6	9:49	-0.7	6:02	7:20	
31	Tue	4:05	9.9	4:28	10.6	10:08	-0.2	10:51	-0.4	6:03	7:18	