

Portland, ME - Oct 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	6:02	9.1	6:22	9.9			12:01	0.8	6:38	6:22	
2	Sat	7:08	9.0	7:29	9.7	12:48	0.2	1:10	0.9	6:40	6:20	
3	Sun	8:11	9.1	8:32	9.7	1:54	0.3	2:17	0.8	6:41	6:18	
4	Mon	9:08	9.3	9:28	9.7	2:53	0.3	3:15	0.6	6:42	6:16	
5	Tue	9:56	9.5	10:17	9.7	3:44	0.3	4:05	0.4	6:43	6:15	
6	Wed	10:40	9.7	11:01	9.7	4:29	0.3	4:50	0.2	6:44	6:13	
7	Thu	11:20	9.8	11:42	9.6	5:09	0.3	5:31	0.1	6:45	6:11	
8	Fri	11:56	9.8			5:45	0.4	6:09	0.1	6:47	6:09	
9	Sat	12:21	9.4	12:31	9.8	6:20	0.6	6:45	0.1	6:48	6:07	
10	Sun	12:58	9.3	1:05	9.7	6:53	0.8	7:20	0.2	6:49	6:06	
11	Mon	1:34	9.0	1:39	9.6	7:27	1.0	7:56	0.4	6:50	6:04	
12	Tue	2:11	8.8	2:15	9.4	8:03	1.2	8:34	0.6	6:51	6:02	
13	Wed	2:50	8.5	2:54	9.2	8:42	1.4	9:16	0.8	6:53	6:01	
14	Thu	3:33	8.3	3:39	9.1	9:26	1.6	10:03	1.0	6:54	5:59	
15	Fri	4:21	8.1	4:29	8.9	10:15	1.7	10:53	1.1	6:55	5:57	
16	Sat	5:13	8.1	5:23	8.9	11:08	1.7	11:47	1.0	6:56	5:56	
17	Sun	6:07	8.3	6:21	9.0			12:05	1.6	6:58	5:54	
18	Mon	7:03	8.6	7:21	9.3	12:43	0.9	1:05	1.2	6:59	5:52	
19	Tue	7:58	9.2	8:20	9.7	1:39	0.5	2:05	0.6	7:00	5:51	
20	Wed	8:51	9.9	9:16	10.1	2:34	0.1	3:01	-0.1	7:01	5:49	
21	Thu	9:41	10.6	10:09	10.5	3:25	-0.4	3:55	-0.8	7:03	5:48	
22	Fri	10:29	11.2	11:01	10.8	4:15	-0.8	4:46	-1.4	7:04	5:46	
23	Sat	11:19	11.7	11:53	10.9	5:04	-1.0	5:38	-1.8	7:05	5:44	
24	Sun			12:09	11.9	5:55	-1.1	6:30	-2.0	7:06	5:43	
25	Mon	12:46	10.9	1:00	11.9	6:46	-1.0	7:23	-1.9	7:08	5:41	
26	Tue	1:40	10.6	1:53	11.6	7:38	-0.7	8:17	-1.6	7:09	5:40	
27	Wed	2:35	10.2	2:50	11.1	8:33	-0.3	9:15	-1.1	7:10	5:38	
28	Thu	3:35	9.8	3:51	10.6	9:33	0.2	10:16	-0.5	7:12	5:37	
29	Fri	4:38	9.5	4:55	10.0	10:37	0.6	11:20	-0.1	7:13	5:36	
30	Sat	5:42	9.2	6:01	9.6	11:44	0.9			7:14	5:34	
31	Sun	5:45	9.1	6:06	9.3	12:24	0.3	11:51 AM	1.0	6:15	4:33	