

Portland, ME - Nov 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	6:45	9.2	7:08	9.2	12:26	0.5	12:56	0.9	6:17	4:31	
2	Tue	7:40	9.4	8:04	9.1	1:24	0.6	1:54	0.7	6:18	4:30	
3	Wed	8:28	9.5	8:53	9.2	2:15	0.7	2:44	0.5	6:19	4:29	
4	Thu	9:11	9.7	9:37	9.2	2:59	0.7	3:28	0.3	6:21	4:28	
5	Fri	9:50	9.8	10:19	9.1	3:39	0.7	4:09	0.1	6:22	4:26	
6	Sat	10:27	9.9	10:57	9.1	4:15	0.8	4:46	0.1	6:23	4:25	
7	Sun	11:02	9.9	11:35	9.0	4:50	0.9	5:21	0.1	6:25	4:24	
8	Mon	11:37	9.8			5:24	1.0	5:56	0.1	6:26	4:23	
9	Tue	12:11	8.9	12:11	9.7	5:59	1.1	6:31	0.2	6:27	4:22	
10	Wed	12:47	8.7	12:46	9.6	6:35	1.2	7:08	0.3	6:29	4:20	
11	Thu	1:24	8.6	1:24	9.4	7:14	1.3	7:48	0.5	6:30	4:19	
12	Fri	2:05	8.5	2:07	9.3	7:57	1.4	8:32	0.6	6:31	4:18	
13	Sat	2:50	8.4	2:56	9.2	8:45	1.5	9:20	0.6	6:32	4:17	
14	Sun	3:39	8.5	3:49	9.1	9:38	1.4	10:11	0.6	6:34	4:16	
15	Mon	4:32	8.8	4:47	9.1	10:35	1.2	11:05	0.5	6:35	4:15	
16	Tue	5:26	9.1	5:48	9.2	11:35	0.9			6:36	4:14	
17	Wed	6:23	9.6	6:50	9.5	12:02	0.3	12:36	0.3	6:38	4:14	
18	Thu	7:19	10.3	7:50	9.8	12:59	0.0	1:37	-0.3	6:39	4:13	
19	Fri	8:13	10.9	8:47	10.1	1:55	-0.3	2:34	-1.0	6:40	4:12	
20	Sat	9:05	11.4	9:42	10.4	2:49	-0.6	3:28	-1.6	6:41	4:11	
21	Sun	9:57	11.8	10:37	10.6	3:41	-0.9	4:21	-1.9	6:43	4:10	
22	Mon	10:50	12.0	11:31	10.6	4:34	-0.9	5:14	-2.0	6:44	4:10	
23	Tue	11:43	11.9			5:27	-0.9	6:07	-1.9	6:45	4:09	
24	Wed	12:24	10.4	12:36	11.5	6:20	-0.6	7:00	-1.6	6:46	4:08	
25	Thu	1:19	10.1	1:31	11.0	7:15	-0.3	7:55	-1.1	6:48	4:08	
26	Fri	2:15	9.8	2:28	10.4	8:13	0.2	8:52	-0.6	6:49	4:07	
27	Sat	3:14	9.5	3:29	9.8	9:14	0.6	9:51	0.0	6:50	4:07	
28	Sun	4:13	9.3	4:31	9.3	10:17	0.9	10:49	0.4	6:51	4:06	
29	Mon	5:12	9.1	5:33	8.9	11:21	1.0	11:48	0.8	6:52	4:06	
30	Tue	6:09	9.1	6:34	8.6			12:25	1.0	6:53	4:05	