

Portland, ME - Jan 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	3:13	8.9	3:26	8.9	9:18	1.0	9:42	0.4	7:14	4:14	
2	Mon	4:01	9.1	4:21	8.8	10:11	0.8	10:33	0.4	7:14	4:15	
3	Tue	4:53	9.3	5:20	8.7	11:09	0.6	11:28	0.4	7:14	4:16	
4	Wed	5:49	9.6	6:23	8.8			12:11	0.3	7:14	4:17	
5	Thu	6:48	10.1	7:28	9.0	12:27	0.3	1:14	-0.2	7:14	4:18	
6	Fri	7:48	10.6	8:29	9.4	1:28	0.1	2:15	-0.8	7:14	4:19	
7	Sat	8:45	11.1	9:26	9.8	2:27	-0.3	3:12	-1.3	7:14	4:20	
8	Sun	9:41	11.5	10:22	10.2	3:23	-0.7	4:06	-1.8	7:14	4:21	
9	Mon	10:36	11.7	11:16	10.4	4:18	-1.0	5:00	-2.1	7:13	4:22	
10	Tue	11:30	11.8			5:13	-1.1	5:52	-2.1	7:13	4:23	
11	Wed	12:09	10.5	12:23	11.6	6:07	-1.1	6:43	-1.9	7:13	4:24	
12	Thu	1:01	10.5	1:16	11.1	7:01	-0.9	7:35	-1.5	7:12	4:25	
13	Fri	1:53	10.3	2:11	10.5	7:56	-0.6	8:27	-1.0	7:12	4:27	
14	Sat	2:48	10.0	3:08	9.9	8:54	-0.2	9:22	-0.4	7:11	4:28	
15	Sun	3:44	9.7	4:08	9.2	9:54	0.2	10:17	0.2	7:11	4:29	
16	Mon	4:40	9.4	5:08	8.7	10:56	0.6	11:15	0.7	7:10	4:30	
17	Tue	5:37	9.2	6:10	8.3			12:00	0.7	7:10	4:31	
18	Wed	6:35	9.1	7:12	8.1	12:14	1.1	1:02	0.8	7:09	4:33	
19	Thu	7:31	9.1	8:08	8.2	1:13	1.2	2:00	0.6	7:09	4:34	
20	Fri	8:22	9.2	8:57	8.3	2:06	1.2	2:49	0.4	7:08	4:35	
21	Sat	9:07	9.4	9:42	8.5	2:54	1.1	3:33	0.2	7:07	4:36	
22	Sun	9:49	9.6	10:23	8.6	3:36	1.0	4:13	0.1	7:06	4:38	
23	Mon	10:29	9.7	11:01	8.8	4:15	0.8	4:50	-0.1	7:06	4:39	
24	Tue	11:06	9.8	11:37	8.9	4:51	0.7	5:24	-0.2	7:05	4:40	
25	Wed	11:41	9.8			5:27	0.6	5:56	-0.3	7:04	4:42	
26	Thu	12:11	9.0	12:15	9.8	6:03	0.5	6:30	-0.3	7:03	4:43	
27	Fri	12:44	9.1	12:51	9.7	6:39	0.4	7:04	-0.3	7:02	4:44	
28	Sat	1:18	9.2	1:29	9.6	7:19	0.3	7:42	-0.2	7:01	4:46	
29	Sun	1:56	9.3	2:11	9.3	8:02	0.3	8:24	-0.1	7:00	4:47	
30	Mon	2:38	9.4	2:59	9.1	8:50	0.3	9:11	0.1	6:59	4:48	
31	Tue	3:26	9.5	3:53	8.9	9:43	0.3	10:02	0.3	6:58	4:50	