

Portland, ME - Jul 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	4:19	8.9	4:57	8.8	10:34	0.8	10:58	1.6	5:02	8:26	
2	Mon	5:08	8.6	5:42	8.9	11:18	1.0	11:48	1.6	5:03	8:26	
3	Tue	5:58	8.4	6:29	9.0			12:04	1.1	5:04	8:26	
4	Wed	6:52	8.3	7:18	9.2	12:41	1.4	12:54	1.2	5:04	8:25	
5	Thu	7:48	8.3	8:09	9.6	1:37	1.2	1:46	1.2	5:05	8:25	
6	Fri	8:43	8.5	8:59	10.0	2:32	0.8	2:38	1.0	5:05	8:25	
7	Sat	9:36	8.8	9:48	10.5	3:24	0.2	3:30	0.7	5:06	8:24	
8	Sun	10:27	9.2	10:37	10.9	4:14	-0.3	4:20	0.3	5:07	8:24	
9	Mon	11:18	9.5	11:27	11.3	5:03	-0.8	5:11	0.0	5:08	8:24	
10	Tue			12:09	9.9	5:53	-1.2	6:03	-0.3	5:08	8:23	
11	Wed	12:19	11.5	1:00	10.2	6:43	-1.5	6:55	-0.5	5:09	8:23	
12	Thu	1:11	11.6	1:51	10.4	7:34	-1.6	7:49	-0.6	5:10	8:22	
13	Fri	2:04	11.4	2:44	10.5	8:25	-1.5	8:45	-0.5	5:11	8:22	
14	Sat	3:00	11.1	3:40	10.5	9:19	-1.3	9:44	-0.3	5:12	8:21	
15	Sun	3:59	10.6	4:38	10.4	10:14	-0.9	10:46	-0.1	5:12	8:20	
16	Mon	5:00	10.1	5:36	10.3	11:12	-0.4	11:50	0.1	5:13	8:20	
17	Tue	6:04	9.6	6:36	10.2			12:11	0.0	5:14	8:19	
18	Wed	7:08	9.2	7:36	10.2	12:55	0.2	1:12	0.4	5:15	8:18	
19	Thu	8:13	9.0	8:35	10.1	2:01	0.2	2:14	0.7	5:16	8:17	
20	Fri	9:13	8.9	9:30	10.2	3:02	0.1	3:11	0.8	5:17	8:17	
21	Sat	10:08	8.9	10:20	10.2	3:57	0.0	4:03	0.8	5:18	8:16	
22	Sun	10:57	9.0	11:06	10.2	4:46	-0.1	4:51	0.9	5:19	8:15	
23	Mon	11:42	9.0	11:49	10.1	5:31	-0.1	5:35	0.9	5:20	8:14	
24	Tue			12:24	9.0	6:13	-0.1	6:16	0.9	5:21	8:13	
25	Wed	12:29	10.0	1:03	9.0	6:50	0.0	6:54	0.9	5:22	8:12	
26	Thu	1:07	9.9	1:40	9.0	7:26	0.1	7:32	1.0	5:23	8:11	
27	Fri	1:44	9.7	2:16	9.0	8:00	0.2	8:10	1.1	5:24	8:10	
28	Sat	2:21	9.5	2:53	9.0	8:36	0.4	8:49	1.1	5:25	8:09	
29	Sun	3:00	9.2	3:31	9.0	9:12	0.6	9:32	1.2	5:26	8:08	
30	Mon	3:41	9.0	4:11	9.0	9:52	0.7	10:17	1.3	5:27	8:07	
31	Tue	4:27	8.7	4:54	9.1	10:35	0.9	11:05	1.3	5:28	8:06	