

Portland, ME - Jul 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	10:11	9.0	10:20	10.8	3:57	-0.5	4:01	0.6	5:03	8:26	
2	Sun	11:07	9.1	11:14	10.9	4:53	-0.7	4:56	0.6	5:03	8:26	
3	Mon			12:00	9.2	5:46	-0.7	5:48	0.6	5:04	8:25	
4	Tue	12:06	10.8	12:50	9.2	6:36	-0.7	6:39	0.7	5:05	8:25	
5	Wed	12:55	10.6	1:37	9.2	7:22	-0.5	7:27	0.8	5:05	8:25	
6	Thu	1:41	10.3	2:22	9.1	8:07	-0.3	8:14	1.0	5:06	8:25	
7	Fri	2:27	9.9	3:06	9.0	8:49	0.1	9:02	1.2	5:07	8:24	
8	Sat	3:13	9.5	3:51	9.0	9:32	0.4	9:51	1.4	5:07	8:24	
9	Sun	4:00	9.0	4:35	8.9	10:14	0.8	10:41	1.5	5:08	8:23	
10	Mon	4:50	8.5	5:20	8.9	10:57	1.2	11:33	1.6	5:09	8:23	
11	Tue	5:41	8.1	6:06	8.8	11:42	1.6			5:10	8:22	
12	Wed	6:35	7.8	6:55	8.8	12:26	1.7	12:30	1.9	5:10	8:22	
13	Thu	7:33	7.6	7:46	8.9	1:23	1.6	1:21	2.0	5:11	8:21	
14	Fri	8:30	7.6	8:38	9.1	2:20	1.4	2:15	2.1	5:12	8:21	
15	Sat	9:23	7.7	9:27	9.4	3:12	1.2	3:06	1.9	5:13	8:20	
16	Sun	10:12	7.9	10:13	9.7	4:00	0.8	3:54	1.7	5:14	8:19	
17	Mon	10:58	8.2	10:58	10.1	4:45	0.4	4:40	1.4	5:15	8:19	
18	Tue	11:42	8.6	11:43	10.4	5:28	0.0	5:26	1.0	5:16	8:18	
19	Wed			12:25	8.9	6:10	-0.3	6:12	0.7	5:17	8:17	
20	Thu	12:28	10.7	1:08	9.3	6:53	-0.6	6:59	0.3	5:18	8:16	
21	Fri	1:14	10.8	1:51	9.7	7:35	-0.8	7:47	0.1	5:18	8:15	
22	Sat	2:00	10.7	2:36	10.0	8:19	-0.8	8:38	0.0	5:19	8:14	
23	Sun	2:50	10.5	3:24	10.2	9:06	-0.7	9:32	-0.1	5:20	8:13	
24	Mon	3:44	10.1	4:15	10.3	9:55	-0.4	10:30	-0.1	5:21	8:13	
25	Tue	4:41	9.6	5:10	10.4	10:48	0.0	11:30	0.0	5:22	8:12	
26	Wed	5:43	9.1	6:08	10.3	11:44	0.4			5:23	8:10	
27	Thu	6:48	8.8	7:09	10.2	12:34	0.1	12:44	0.8	5:24	8:09	
28	Fri	7:57	8.6	8:14	10.2	1:42	0.2	1:49	1.0	5:26	8:08	
29	Sat	9:02	8.5	9:15	10.3	2:49	0.1	2:54	1.0	5:27	8:07	
30	Sun	10:02	8.7	10:12	10.4	3:49	-0.1	3:53	0.9	5:28	8:06	
31	Mon	10:56	8.8	11:05	10.4	4:44	-0.2	4:47	0.8	5:29	8:05	