

Portland, ME - Jan 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	1:30	9.1	1:36	10.0	7:26	0.5	7:57	-0.4	7:14	4:14	
2	Tue	2:13	9.3	2:25	9.7	8:15	0.4	8:43	-0.3	7:14	4:15	
3	Wed	3:00	9.5	3:18	9.4	9:09	0.4	9:32	-0.1	7:14	4:16	
4	Thu	3:52	9.6	4:17	9.0	10:07	0.3	10:26	0.2	7:14	4:17	
5	Fri	4:47	9.8	5:21	8.7	11:09	0.2	11:24	0.4	7:14	4:18	
6	Sat	5:47	9.9	6:29	8.6			12:15	0.0	7:14	4:19	
7	Sun	6:50	10.1	7:38	8.6	12:27	0.6	1:23	-0.2	7:14	4:20	
8	Mon	7:53	10.4	8:41	8.8	1:31	0.6	2:26	-0.6	7:13	4:21	
9	Tue	8:52	10.6	9:39	9.1	2:33	0.4	3:24	-0.9	7:13	4:22	
10	Wed	9:49	10.8	10:33	9.3	3:30	0.2	4:19	-1.1	7:13	4:23	
11	Thu	10:42	10.9	11:24	9.4	4:24	0.0	5:10	-1.2	7:13	4:24	
12	Fri	11:33	10.8			5:16	0.0	5:57	-1.1	7:12	4:26	
13	Sat	12:11	9.5	12:20	10.6	6:05	0.0	6:42	-0.9	7:12	4:27	
14	Sun	12:57	9.4	1:07	10.1	6:53	0.2	7:26	-0.5	7:11	4:28	
15	Mon	1:41	9.3	1:53	9.6	7:41	0.4	8:09	0.0	7:11	4:29	
16	Tue	2:26	9.2	2:41	9.0	8:30	0.7	8:52	0.5	7:10	4:30	
17	Wed	3:11	9.0	3:32	8.4	9:21	1.0	9:37	1.0	7:10	4:32	
18	Thu	3:58	8.8	4:25	7.9	10:14	1.2	10:25	1.4	7:09	4:33	
19	Fri	4:47	8.6	5:22	7.6	11:10	1.4	11:16	1.8	7:09	4:34	
20	Sat	5:40	8.5	6:22	7.4			12:10	1.4	7:08	4:35	
21	Sun	6:35	8.5	7:22	7.4	12:12	2.0	1:11	1.3	7:07	4:37	
22	Mon	7:31	8.7	8:17	7.5	1:10	2.0	2:06	1.1	7:06	4:38	
23	Tue	8:21	9.0	9:05	7.8	2:03	1.8	2:54	0.7	7:06	4:39	
24	Wed	9:07	9.4	9:48	8.1	2:50	1.5	3:36	0.3	7:05	4:41	
25	Thu	9:50	9.7	10:29	8.5	3:33	1.1	4:16	-0.1	7:04	4:42	
26	Fri	10:31	10.1	11:08	8.9	4:15	0.7	4:54	-0.4	7:03	4:43	
27	Sat	11:11	10.3	11:45	9.2	4:56	0.4	5:31	-0.7	7:02	4:45	
28	Sun	11:52	10.5			5:38	0.0	6:09	-0.9	7:01	4:46	
29	Mon	12:23	9.6	12:34	10.4	6:22	-0.3	6:49	-0.9	7:00	4:47	
30	Tue	1:03	9.9	1:18	10.2	7:07	-0.4	7:31	-0.8	6:59	4:49	
31	Wed	1:46	10.1	2:06	9.9	7:56	-0.5	8:17	-0.5	6:58	4:50	