

































## Portland, ME - Jul 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	6:46	8.3	7:10	9.2	12:38	1.2	12:48	1.4	5:03	8:26	
2	Mon	7:45	8.0	8:02	9.2	1:38	1.3	1:41	1.7	5:03	8:26	
3	Tue	8:42	7.9	8:53	9.2	2:35	1.2	2:34	1.9	5:04	8:26	
4	Wed	9:35	7.9	9:40	9.3	3:27	1.0	3:23	1.9	5:04	8:25	
5	Thu	10:22	8.0	10:24	9.5	4:13	0.8	4:08	1.8	5:05	8:25	
6	Fri	11:07	8.1	11:06	9.7	4:56	0.6	4:50	1.7	5:06	8:25	
7	Sat	11:48	8.3	11:46	9.8	5:36	0.4	5:30	1.5	5:06	8:24	
8	Sun			12:28	8.5	6:13	0.3	6:09	1.4	5:07	8:24	
9	Mon	12:24	9.9	1:05	8.6	6:49	0.1	6:48	1.2	5:08	8:23	
10	Tue	1:02	10.0	1:41	8.8	7:25	0.0	7:28	1.0	5:09	8:23	
11	Wed	1:40	10.0	2:17	9.1	8:01	-0.1	8:10	0.9	5:09	8:23	
12	Thu	2:20	9.9	2:56	9.3	8:39	-0.1	8:55	0.7	5:10	8:22	
13	Fri	3:04	9.8	3:38	9.6	9:21	-0.1	9:45	0.6	5:11	8:21	
14	Sat	3:53	9.5	4:25	9.8	10:06	0.1	10:38	0.5	5:12	8:21	
15	Sun	4:46	9.3	5:15	10.0	10:55	0.2	11:35	0.3	5:13	8:20	
16	Mon	5:44	9.0	6:10	10.2	11:48	0.5			5:14	8:19	
17	Tue	6:47	8.8	7:09	10.4	12:36	0.2	12:46	0.6	5:14	8:19	
18	Wed	7:54	8.7	8:13	10.6	1:42	0.1	1:49	0.7	5:15	8:18	
19	Thu	9:01	8.8	9:15	10.8	2:48	-0.2	2:53	0.6	5:16	8:17	
20	Fri	10:03	9.0	10:15	11.0	3:49	-0.5	3:54	0.4	5:17	8:16	
21	Sat	11:01	9.3	11:12	11.2	4:47	-0.8	4:52	0.2	5:18	8:15	
22	Sun	11:56	9.6			5:41	-1.0	5:48	0.1	5:19	8:15	
23	Mon	12:06	11.2	12:47	9.7	6:32	-1.0	6:41	0.0	5:20	8:14	
24	Tue	12:58	11.0	1:36	9.8	7:20	-0.9	7:33	0.1	5:21	8:13	
25	Wed	1:47	10.6	2:22	9.8	8:06	-0.6	8:23	0.2	5:22	8:12	
26	Thu	2:36	10.1	3:08	9.7	8:51	-0.2	9:14	0.5	5:23	8:11	
27	Fri	3:25	9.5	3:55	9.5	9:36	0.3	10:06	0.8	5:24	8:10	
28	Sat	4:17	8.9	4:43	9.3	10:22	0.8	10:59	1.1	5:25	8:09	
29	Sun	5:10	8.4	5:32	9.1	11:10	1.3	11:54	1.3	5:26	8:08	
30	Mon	6:05	8.0	6:23	8.9			12:00	1.7	5:27	8:06	
31	Tue	7:03	7.7	7:17	8.8	12:52	1.5	12:54	2.0	5:28	8:05	