



























## Portland, ME - Jul 1996

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	11:47	10.1	11:59	11.8	5:32	-1.4	5:42	-0.5	5:03	8:26	
2	Tue			12:41	10.4	6:24	-1.7	6:37	-0.7	5:04	8:26	
3	Wed	12:53	11.8	1:35	10.5	7:17	-1.8	7:32	-0.7	5:04	8:25	
4	Thu	1:48	11.7	2:29	10.6	8:09	-1.7	8:28	-0.6	5:05	8:25	
5	Fri	2:44	11.3	3:25	10.6	9:03	-1.4	9:27	-0.4	5:05	8:25	
6	Sat	3:42	10.8	4:22	10.5	9:59	-1.0	10:29	-0.1	5:06	8:25	
7	Sun	4:43	10.2	5:20	10.3	10:56	-0.5	11:32	0.1	5:07	8:24	
8	Mon	5:45	9.6	6:19	10.1	11:54	0.0			5:08	8:24	
9	Tue	6:49	9.2	7:18	10.0	12:37	0.3	12:54	0.5	5:08	8:23	
10	Wed	7:52	8.9	8:16	9.9	1:41	0.4	1:54	0.8	5:09	8:23	
11	Thu	8:52	8.7	9:10	9.9	2:43	0.4	2:51	1.0	5:10	8:22	
12	Fri	9:47	8.7	9:59	9.9	3:38	0.3	3:43	1.1	5:11	8:22	
13	Sat	10:36	8.7	10:44	10.0	4:27	0.2	4:30	1.1	5:11	8:21	
14	Sun	11:21	8.8	11:27	10.0	5:11	0.1	5:13	1.1	5:12	8:20	
15	Mon			12:02	8.8	5:52	0.1	5:53	1.1	5:13	8:20	
16	Tue	12:06	10.0	12:41	8.9	6:29	0.1	6:31	1.0	5:14	8:19	
17	Wed	12:44	9.9	1:18	9.0	7:04	0.1	7:07	1.1	5:15	8:18	
18	Thu	1:20	9.8	1:53	9.0	7:37	0.2	7:44	1.1	5:16	8:18	
19	Fri	1:56	9.6	2:28	9.0	8:11	0.3	8:22	1.1	5:17	8:17	
20	Sat	2:33	9.4	3:04	9.1	8:47	0.4	9:03	1.1	5:18	8:16	
21	Sun	3:12	9.2	3:43	9.1	9:25	0.5	9:47	1.1	5:19	8:15	
22	Mon	3:55	9.0	4:25	9.2	10:06	0.6	10:34	1.1	5:20	8:14	
23	Tue	4:43	8.8	5:10	9.4	10:51	0.7	11:26	1.0	5:21	8:13	
24	Wed	5:34	8.6	6:00	9.6	11:41	0.8			5:22	8:12	
25	Thu	6:31	8.6	6:55	9.9	12:21	0.8	12:34	0.8	5:23	8:11	
26	Fri	7:32	8.7	7:54	10.2	1:21	0.5	1:33	0.7	5:24	8:10	
27	Sat	8:35	8.9	8:54	10.7	2:23	0.1	2:34	0.4	5:25	8:09	
28	Sun	9:35	9.4	9:51	11.2	3:22	-0.5	3:32	0.0	5:26	8:08	
29	Mon	10:32	9.8	10:47	11.6	4:18	-1.0	4:29	-0.4	5:27	8:07	
30	Tue	11:27	10.3	11:43	11.8	5:12	-1.5	5:25	-0.8	5:28	8:06	
31	Wed			12:22	10.6	6:05	-1.7	6:21	-1.0	5:29	8:05	