

































## Portland, ME - Jan 1997

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	3:52	8.5	4:05	8.3	9:55	1.5	10:15	1.0	7:14	4:14	
2	Thu	4:38	8.6	4:58	8.1	10:47	1.4	11:04	1.1	7:14	4:15	
3	Fri	5:28	8.7	5:55	8.1	11:43	1.3	11:57	1.1	7:14	4:16	
4	Sat	6:20	9.0	6:54	8.2			12:41	0.9	7:14	4:17	
5	Sun	7:13	9.4	7:51	8.5	12:52	1.0	1:37	0.4	7:14	4:18	
6	Mon	8:05	10.0	8:44	8.9	1:46	0.7	2:30	-0.2	7:14	4:19	
7	Tue	8:56	10.5	9:35	9.3	2:38	0.2	3:21	-0.8	7:14	4:20	
8	Wed	9:46	11.0	10:25	9.8	3:29	-0.2	4:11	-1.3	7:13	4:21	
9	Thu	10:36	11.4	11:16	10.1	4:20	-0.6	5:00	-1.7	7:13	4:22	
10	Fri	11:28	11.6			5:12	-0.9	5:50	-2.0	7:13	4:24	
11	Sat	12:06	10.4	12:19	11.6	6:04	-1.1	6:40	-2.0	7:12	4:25	
12	Sun	12:57	10.5	1:12	11.3	6:57	-1.0	7:32	-1.7	7:12	4:26	
13	Mon	1:50	10.5	2:08	10.9	7:53	-0.9	8:25	-1.3	7:12	4:27	
14	Tue	2:46	10.4	3:08	10.3	8:53	-0.6	9:22	-0.8	7:11	4:28	
15	Wed	3:45	10.2	4:11	9.7	9:56	-0.3	10:21	-0.3	7:11	4:29	
16	Thu	4:45	10.0	5:16	9.2	11:01	0.0	11:22	0.2	7:10	4:31	
17	Fri	5:47	9.8	6:23	8.8			12:09	0.1	7:10	4:32	
18	Sat	6:49	9.7	7:28	8.7	12:26	0.5	1:15	0.1	7:09	4:33	
19	Sun	7:48	9.7	8:27	8.7	1:29	0.7	2:16	0.0	7:08	4:34	
20	Mon	8:42	9.8	9:19	8.7	2:25	0.7	3:08	-0.1	7:08	4:36	
21	Tue	9:30	9.9	10:05	8.8	3:15	0.7	3:55	-0.3	7:07	4:37	
22	Wed	10:14	9.9	10:48	8.9	4:00	0.6	4:37	-0.3	7:06	4:38	
23	Thu	10:54	9.9	11:27	9.0	4:41	0.6	5:15	-0.3	7:05	4:40	
24	Fri	11:32	9.9			5:20	0.5	5:51	-0.2	7:04	4:41	
25	Sat	12:03	9.0	12:08	9.7	5:56	0.6	6:24	-0.1	7:04	4:42	
26	Sun	12:37	9.0	12:43	9.5	6:31	0.6	6:57	0.0	7:03	4:44	
27	Mon	1:11	9.0	1:19	9.3	7:08	0.7	7:31	0.2	7:02	4:45	
28	Tue	1:46	8.9	1:56	9.0	7:46	0.8	8:07	0.4	7:01	4:46	
29	Wed	2:23	8.9	2:37	8.7	8:28	0.9	8:47	0.6	7:00	4:48	
30	Thu	3:04	8.8	3:23	8.4	9:13	1.0	9:31	0.8	6:59	4:49	
31	Fri	3:49	8.8	4:14	8.2	10:04	1.0	10:19	1.0	6:58	4:50	