

































## Portland, ME - Aug 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	3:35	8.7	3:58	9.1	9:40	1.0	10:11	1.2	5:30	8:04	
2	Mon	4:20	8.4	4:41	9.1	10:22	1.2	10:59	1.3	5:31	8:03	
3	Tue	5:09	8.1	5:28	9.1	11:08	1.4	11:52	1.3	5:32	8:01	
4	Wed	6:02	7.9	6:21	9.2	11:59	1.5			5:33	8:00	
5	Thu	7:01	7.9	7:18	9.5	12:50	1.1	12:55	1.5	5:34	7:59	
6	Fri	8:04	8.0	8:19	9.9	1:52	0.8	1:56	1.3	5:35	7:58	
7	Sat	9:04	8.4	9:17	10.4	2:52	0.4	2:56	0.9	5:36	7:56	
8	Sun	10:00	9.0	10:13	10.9	3:48	-0.2	3:53	0.3	5:37	7:55	
9	Mon	10:53	9.6	11:07	11.3	4:40	-0.8	4:49	-0.2	5:39	7:53	
10	Tue	11:44	10.1			5:30	-1.2	5:43	-0.7	5:40	7:52	
11	Wed	12:00	11.5	12:35	10.6	6:20	-1.5	6:37	-1.0	5:41	7:51	
12	Thu	12:53	11.5	1:25	11.0	7:09	-1.5	7:30	-1.1	5:42	7:49	
13	Fri	1:46	11.3	2:15	11.1	7:58	-1.4	8:25	-1.1	5:43	7:48	
14	Sat	2:40	10.8	3:07	11.0	8:48	-0.9	9:21	-0.8	5:44	7:46	
15	Sun	3:37	10.2	4:02	10.7	9:41	-0.4	10:21	-0.4	5:45	7:45	
16	Mon	4:37	9.5	5:00	10.3	10:38	0.2	11:24	0.0	5:46	7:43	
17	Tue	5:40	9.0	6:01	10.0	11:38	0.8			5:47	7:42	
18	Wed	6:45	8.5	7:04	9.7	12:30	0.4	12:41	1.2	5:49	7:40	
19	Thu	7:51	8.3	8:08	9.6	1:37	0.6	1:46	1.4	5:50	7:38	
20	Fri	8:52	8.3	9:06	9.6	2:41	0.6	2:48	1.4	5:51	7:37	
21	Sat	9:46	8.4	9:57	9.7	3:36	0.5	3:42	1.3	5:52	7:35	
22	Sun	10:33	8.6	10:43	9.7	4:24	0.4	4:29	1.1	5:53	7:34	
23	Mon	11:15	8.8	11:24	9.8	5:06	0.3	5:11	0.9	5:54	7:32	
24	Tue	11:53	9.0			5:43	0.3	5:50	0.8	5:55	7:30	
25	Wed	12:02	9.7	12:28	9.2	6:17	0.3	6:27	0.7	5:56	7:29	
26	Thu	12:38	9.6	1:01	9.3	6:48	0.4	7:02	0.7	5:58	7:27	
27	Fri	1:13	9.4	1:32	9.3	7:19	0.5	7:37	0.7	5:59	7:25	
28	Sat	1:48	9.2	2:04	9.3	7:51	0.7	8:13	0.7	6:00	7:24	
29	Sun	2:23	8.9	2:38	9.3	8:25	0.9	8:52	0.8	6:01	7:22	
30	Mon	3:02	8.6	3:16	9.3	9:03	1.1	9:35	0.9	6:02	7:20	
31	Tue	3:45	8.4	4:00	9.2	9:45	1.3	10:24	1.0	6:03	7:18	