

Vinalhaven, ME - Jul 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	6:35	8.4	6:58	9.1	12:29	1.2	12:43	1.4	4:56	8:22	
2	Mon	7:32	8.1	7:50	9.1	1:26	1.2	1:36	1.7	4:56	8:22	
3	Tue	8:27	8.0	8:39	9.2	2:20	1.1	2:27	1.8	4:57	8:21	
4	Wed	9:19	8.1	9:26	9.3	3:11	0.9	3:16	1.8	4:57	8:21	
5	Thu	10:06	8.2	10:10	9.4	3:58	0.8	4:02	1.7	4:58	8:21	
6	Fri	10:49	8.3	10:52	9.6	4:41	0.6	4:45	1.6	4:59	8:20	
7	Sat	11:29	8.5	11:31	9.8	5:22	0.5	5:25	1.5	4:59	8:20	
8	Sun			12:07	8.7	6:00	0.3	6:04	1.4	5:00	8:20	
9	Mon	12:09	9.9	12:44	8.8	6:37	0.2	6:42	1.2	5:01	8:19	
10	Tue	12:47	10.0	1:21	9.0	7:14	0.1	7:22	1.1	5:02	8:19	
11	Wed	1:26	10.0	2:00	9.3	7:51	0.0	8:03	1.0	5:02	8:18	
12	Thu	2:08	9.9	2:40	9.5	8:30	0.0	8:47	0.8	5:03	8:18	
13	Fri	2:52	9.8	3:23	9.7	9:11	0.1	9:36	0.7	5:04	8:17	
14	Sat	3:40	9.6	4:10	9.9	9:56	0.2	10:29	0.5	5:05	8:16	
15	Sun	4:34	9.3	5:02	10.0	10:46	0.4	11:26	0.4	5:06	8:16	
16	Mon	5:32	9.0	5:59	10.1	11:41	0.6			5:07	8:15	
17	Tue	6:36	8.8	6:59	10.2	12:28	0.3	12:41	0.7	5:08	8:14	
18	Wed	7:42	8.8	8:02	10.4	1:33	0.1	1:45	0.8	5:09	8:14	
19	Thu	8:47	8.9	9:04	10.7	2:38	-0.2	2:49	0.7	5:09	8:13	
20	Fri	9:49	9.2	10:04	10.9	3:40	-0.5	3:50	0.5	5:10	8:12	
21	Sat	10:47	9.5	11:00	11.1	4:38	-0.8	4:49	0.3	5:11	8:11	
22	Sun	11:40	9.7	11:54	11.1	5:32	-0.9	5:44	0.1	5:12	8:10	
23	Mon			12:31	9.9	6:23	-0.9	6:37	0.1	5:13	8:09	
24	Tue	12:45	10.9	1:20	10.0	7:12	-0.8	7:28	0.1	5:14	8:08	
25	Wed	1:35	10.6	2:08	9.9	7:59	-0.5	8:19	0.3	5:15	8:07	
26	Thu	2:24	10.1	2:55	9.8	8:45	-0.1	9:09	0.5	5:16	8:06	
27	Fri	3:14	9.6	3:42	9.5	9:31	0.4	10:00	0.8	5:17	8:05	
28	Sat	4:04	9.0	4:29	9.3	10:17	0.9	10:52	1.1	5:19	8:04	
29	Sun	4:56	8.5	5:19	9.0	11:06	1.4	11:46	1.3	5:20	8:03	
30	Mon	5:52	8.1	6:11	8.9	11:57	1.7			5:21	8:02	
31	Tue	6:50	7.8	7:06	8.8	12:42	1.4	12:51	2.0	5:22	8:01	