






























## York, ME - Aug 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	7:59	7.2	8:09	8.5	2:03	1.4	2:01	2.0	5:32	8:04	
2	Thu	8:55	7.3	9:02	8.6	3:00	1.2	2:56	1.9	5:34	8:03	
3	Fri	9:45	7.5	9:49	8.9	3:50	1.0	3:45	1.7	5:35	8:02	
4	Sat	10:30	7.7	10:33	9.2	4:34	0.7	4:30	1.5	5:36	8:01	
5	Sun	11:12	8.0	11:14	9.4	5:14	0.4	5:11	1.2	5:37	7:59	
6	Mon	11:51	8.3	11:53	9.6	5:51	0.1	5:52	0.9	5:38	7:58	
7	Tue			12:28	8.7	6:27	-0.1	6:33	0.6	5:39	7:57	
8	Wed	12:33	9.7	1:04	9.0	7:03	-0.3	7:14	0.3	5:40	7:55	
9	Thu	1:12	9.8	1:41	9.3	7:41	-0.4	7:57	0.1	5:41	7:54	
10	Fri	1:54	9.6	2:21	9.6	8:20	-0.3	8:43	-0.1	5:42	7:53	
11	Sat	2:39	9.4	3:04	9.7	9:03	-0.2	9:33	-0.1	5:43	7:51	
12	Sun	3:29	9.1	3:53	9.8	9:50	0.0	10:28	0.0	5:44	7:50	
13	Mon	4:24	8.7	4:47	9.7	10:42	0.3	11:27	0.1	5:45	7:48	
14	Tue	5:25	8.4	5:46	9.6	11:39	0.6			5:46	7:47	
15	Wed	6:31	8.1	6:52	9.6	12:31	0.2	12:41	0.9	5:48	7:45	
16	Thu	7:42	8.1	8:00	9.7	1:40	0.2	1:49	0.9	5:49	7:44	
17	Fri	8:49	8.2	9:05	9.9	2:49	0.1	2:57	0.8	5:50	7:42	
18	Sat	9:50	8.5	10:04	10.1	3:51	-0.2	3:58	0.5	5:51	7:41	
19	Sun	10:45	8.9	10:59	10.2	4:46	-0.5	4:54	0.2	5:52	7:39	
20	Mon	11:35	9.2	11:49	10.2	5:36	-0.6	5:47	0.0	5:53	7:38	
21	Tue			12:21	9.4	6:22	-0.6	6:36	-0.1	5:54	7:36	
22	Wed	12:37	10.0	1:05	9.4	7:05	-0.5	7:22	0.0	5:55	7:35	
23	Thu	1:22	9.7	1:46	9.4	7:46	-0.2	8:07	0.1	5:56	7:33	
24	Fri	2:05	9.2	2:26	9.2	8:26	0.2	8:52	0.3	5:57	7:31	
25	Sat	2:49	8.7	3:07	9.0	9:06	0.7	9:38	0.7	5:59	7:30	
26	Sun	3:36	8.2	3:51	8.7	9:49	1.1	10:27	1.0	6:00	7:28	
27	Mon	4:26	7.8	4:40	8.5	10:34	1.5	11:19	1.3	6:01	7:26	
28	Tue	5:20	7.4	5:32	8.3	11:24	1.9			6:02	7:25	
29	Wed	6:17	7.2	6:28	8.2	12:15	1.5	12:19	2.1	6:03	7:23	
30	Thu	7:17	7.1	7:28	8.2	1:16	1.6	1:17	2.1	6:04	7:21	
31	Fri	8:15	7.2	8:24	8.5	2:17	1.4	2:17	2.0	6:05	7:20	