































Rockland Key, Rockland Channel Bridge, FL - Jan 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue			1:15	0.7	7:18	-0.4	6:28	0.3	7:10	5:49	
2	Wed	12:21	1.4	2:06	0.7	8:12	-0.5	7:25	0.2	7:11	5:50	
3	Thu	1:17	1.5	2:50	0.7	9:01	-0.5	8:19	0.1	7:11	5:51	
4	Fri	2:09	1.5	3:31	0.8	9:46	-0.5	9:11	0.1	7:11	5:51	
5	Sat	2:59	1.5	4:09	0.8	10:28	-0.4	10:02	0.1	7:11	5:52	
6	Sun	3:47	1.4	4:46	0.9	11:09	-0.3	10:53	0.1	7:12	5:53	
7	Mon	4:33	1.3	5:22	0.9	11:49	-0.2	11:47	0.1	7:12	5:53	
8	Tue	5:17	1.2	5:58	1.0			12:28	-0.1	7:12	5:54	
9	Wed	6:03	1.0	6:35	1.0	12:44	0.1	1:08	0.0	7:12	5:55	
10	Thu	6:51	0.8	7:16	1.0	1:47	0.1	1:49	0.2	7:12	5:56	
11	Fri	7:48	0.7	8:02	1.0	2:54	0.1	2:32	0.2	7:12	5:56	
12	Sat	9:07	0.5	8:56	1.0	4:04	0.1	3:20	0.3	7:12	5:57	
13	Sun	10:46	0.5	9:55	1.0	5:14	0.0	4:12	0.4	7:12	5:58	
14	Mon			12:07	0.5	6:17	0.0	5:08	0.4	7:12	5:59	
15	Tue			12:59	0.5	7:12	-0.1	6:03	0.3	7:12	5:59	
16	Wed			1:37	0.5	7:57	-0.2	6:52	0.3	7:12	6:00	
17	Thu	12:34	1.1	2:10	0.6	8:35	-0.3	7:37	0.2	7:12	6:01	
18	Fri	1:19	1.2	2:42	0.7	9:09	-0.3	8:19	0.2	7:12	6:01	
19	Sat	2:02	1.3	3:14	0.7	9:41	-0.4	9:01	0.1	7:12	6:02	
20	Sun	2:44	1.3	3:46	0.8	10:12	-0.4	9:43	0.0	7:12	6:03	
21	Mon	3:26	1.3	4:19	0.9	10:45	-0.3	10:27	0.0	7:11	6:04	
22	Tue	4:09	1.2	4:52	0.9	11:18	-0.3	11:15	-0.1	7:11	6:04	
23	Wed	4:54	1.1	5:27	1.0	11:52	-0.2			7:11	6:05	
24	Thu	5:42	1.0	6:05	1.0	12:09	-0.1	12:29	-0.1	7:11	6:06	
25	Fri	6:37	0.8	6:48	1.1	1:09	-0.1	1:09	0.0	7:10	6:07	
26	Sat	7:45	0.6	7:40	1.1	2:18	-0.2	1:54	0.1	7:10	6:07	
27	Sun	9:16	0.5	8:46	1.1	3:34	-0.2	2:49	0.2	7:10	6:08	
28	Mon	10:57	0.4	10:01	1.1	4:52	-0.3	3:55	0.2	7:09	6:09	
29	Tue			12:13	0.5	6:07	-0.3	5:07	0.2	7:09	6:10	
30	Wed			1:08	0.5	7:11	-0.4	6:17	0.2	7:09	6:10	
31	Thu	12:18	1.3	1:52	0.6	8:04	-0.4	7:20	0.1	7:08	6:11	