


































## Isle au Haut, ME - Jan 2010

| Date |     | High  |      |       |      | Low   |      |       |      |  |      |    |
|------|-----|-------|------|-------|------|-------|------|-------|------|---|------|---|
|      |     | AM    | ft   | PM    | ft   | AM    | ft   | PM    | ft   | Rise  | Set  | Moon  |
| 1    | Fri | 10:29 | 11.4 | 11:07 | 10.1 | 3:51  | -0.2 | 4:32  | -1.5 | 7:09  | 4:06 |    |
| 2    | Sat | 11:21 | 11.5 | 11:58 | 10.3 | 4:44  | -0.5 | 5:22  | -1.6 | 7:09  | 4:07 |    |
| 3    | Sun |       |      | 12:14 | 11.4 | 5:37  | -0.6 | 6:13  | -1.5 | 7:09  | 4:08 |    |
| 4    | Mon | 12:50 | 10.4 | 1:08  | 11.1 | 6:32  | -0.6 | 7:05  | -1.3 | 7:09  | 4:09 |    |
| 5    | Tue | 1:43  | 10.4 | 2:04  | 10.6 | 7:29  | -0.4 | 7:59  | -0.8 | 7:09  | 4:10 |    |
| 6    | Wed | 2:38  | 10.2 | 3:03  | 9.9  | 8:29  | -0.2 | 8:55  | -0.3 | 7:09  | 4:11 |    |
| 7    | Thu | 3:36  | 10.0 | 4:06  | 9.3  | 9:31  | 0.0  | 9:53  | 0.2  | 7:09  | 4:12 |    |
| 8    | Fri | 4:36  | 9.8  | 5:11  | 8.8  | 10:35 | 0.2  | 10:54 | 0.6  | 7:08  | 4:13 |    |
| 9    | Sat | 5:37  | 9.6  | 6:17  | 8.5  | 11:40 | 0.3  | 11:56 | 0.9  | 7:08  | 4:14 |    |
| 10   | Sun | 6:38  | 9.6  | 7:19  | 8.4  |       |      | 12:42 | 0.3  | 7:08  | 4:16 |    |
| 11   | Mon | 7:35  | 9.6  | 8:16  | 8.4  | 12:55 | 1.0  | 1:39  | 0.2  | 7:07  | 4:17 |    |
| 12   | Tue | 8:28  | 9.6  | 9:07  | 8.5  | 1:50  | 1.0  | 2:31  | 0.1  | 7:07  | 4:18 |   |
| 13   | Wed | 9:16  | 9.7  | 9:51  | 8.6  | 2:40  | 1.0  | 3:17  | 0.0  | 7:07  | 4:19 |  |
| 14   | Thu | 9:59  | 9.8  | 10:32 | 8.7  | 3:25  | 0.9  | 3:59  | 0.0  | 7:06  | 4:20 |  |
| 15   | Fri | 10:38 | 9.8  | 11:09 | 8.8  | 4:05  | 0.8  | 4:37  | 0.0  | 7:06  | 4:21 |  |
| 16   | Sat | 11:15 | 9.7  | 11:44 | 8.9  | 4:44  | 0.8  | 5:12  | 0.1  | 7:05  | 4:23 |  |
| 17   | Sun | 11:51 | 9.6  |       |      | 5:20  | 0.9  | 5:46  | 0.2  | 7:04  | 4:24 |  |
| 18   | Mon | 12:18 | 8.9  | 12:26 | 9.4  | 5:56  | 0.9  | 6:19  | 0.3  | 7:04  | 4:25 |  |
| 19   | Tue | 12:53 | 8.9  | 1:03  | 9.2  | 6:32  | 1.0  | 6:53  | 0.5  | 7:03  | 4:27 |  |
| 20   | Wed | 1:28  | 8.9  | 1:40  | 8.9  | 7:10  | 1.0  | 7:28  | 0.7  | 7:02  | 4:28 |  |
| 21   | Thu | 2:05  | 8.9  | 2:22  | 8.6  | 7:51  | 1.1  | 8:07  | 0.9  | 7:02  | 4:29 |  |
| 22   | Fri | 2:46  | 8.9  | 3:08  | 8.3  | 8:37  | 1.1  | 8:51  | 1.1  | 7:01  | 4:30 |  |
| 23   | Sat | 3:32  | 8.9  | 4:01  | 8.0  | 9:28  | 1.1  | 9:41  | 1.3  | 7:00  | 4:32 |  |
| 24   | Sun | 4:24  | 8.9  | 5:01  | 7.9  | 10:26 | 1.0  | 10:38 | 1.4  | 6:59  | 4:33 |  |
| 25   | Mon | 5:23  | 9.1  | 6:05  | 8.0  | 11:29 | 0.8  | 11:40 | 1.3  | 6:58  | 4:34 |  |
| 26   | Tue | 6:25  | 9.4  | 7:09  | 8.3  |       |      | 12:32 | 0.3  | 6:57  | 4:36 |  |
| 27   | Wed | 7:27  | 9.9  | 8:09  | 8.8  | 12:43 | 0.9  | 1:33  | -0.2 | 6:57  | 4:37 |  |
| 28   | Thu | 8:25  | 10.5 | 9:05  | 9.4  | 1:44  | 0.5  | 2:29  | -0.8 | 6:56  | 4:38 |  |
| 29   | Fri | 9:21  | 11.0 | 9:58  | 10.0 | 2:41  | -0.1 | 3:23  | -1.3 | 6:55  | 4:40 |  |
| 30   | Sat | 10:14 | 11.4 | 10:48 | 10.5 | 3:36  | -0.6 | 4:13  | -1.7 | 6:53  | 4:41 |  |
| 31   | Sun | 11:06 | 11.6 | 11:38 | 10.8 | 4:29  | -1.0 | 5:03  | -1.8 | 6:52  | 4:43 |  |