US HARBORS www.USHarbors.com

Rockland, ME - Aug 1710

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	3:00	10.7	3:30	11.2	9:12	-0.3	9:51	-0.3	4:27	7:05	
2	Sat	4:04	10.1	4:31	11.1	10:09	0.2	10:56	-0.1	4:28	7:03	
3	Sun	5:12	9.7	5:35	11.0	11:10	0.6			4:29	7:02	
4	Mon	6:21	9.4	6:40	11.0	12:03	-0.1	12:14	0.9	4:30	7:01	
5	Tue	7:27	9.4	7:43	11.0	1:09	-0.1	1:18	1.0	4:31	7:00	
6	Wed	8:27	9.4	8:40	11.1	2:11	-0.2	2:18	1.0	4:32	6:58	
7	Thu	9:22	9.5	9:33	11.1	3:07	-0.3	3:13	1.0	4:33	6:57	
8	Fri	10:12	9.7	10:21	11.0	3:57	-0.3	4:03	0.9	4:34	6:56	
9	Sat	10:57	9.7	11:05	10.9	4:43	-0.2	4:48	0.9	4:36	6:54	
10	Sun	11:38	9.7	11:45	10.6	5:24	-0.1	5:30	0.9	4:37	6:53	
11	Mon			12:16	9.7	6:01	0.1	6:09	1.0	4:38	6:51	
12	Tue	12:23	10.3	12:51	9.6	6:36	0.4	6:47	1.1	4:39	6:50	
13	Wed	12:58	10.0	1:23	9.5	7:10	0.7	7:26	1.2	4:40	6:48	
14	Thu	1:33	9.6	1:55	9.5	7:45	1.0	8:06	1.3	4:41	6:47	
15	Fri	2:10	9.2	2:30	9.4	8:22	1.4	8:50	1.4	4:43	6:45	
16	Sat	2:53	8.8	3:11	9.3	9:03	1.7	9:39	1.5	4:44	6:44	
17	Sun	3:41	8.5	3:59	9.2	9:49	2.0	10:33	1.6	4:45	6:42	
18	Mon	4:37	8.2	4:53	9.3	10:40	2.2	11:31	1.5	4:46	6:41	
19	Tue	5:40	8.1	5:51	9.4	11:37	2.2			4:47	6:39	
20	Wed	6:44	8.3	6:52	9.8	12:31	1.3	12:36	2.1	4:48	6:37	
21	Thu	7:43	8.6	7:49	10.3	1:29	0.9	1:33	1.7	4:49	6:36	
22	Fri	8:36	9.1	8:42	10.8	2:22	0.4	2:27	1.2	4:51	6:34	
23	Sat	9:24	9.7	9:32	11.4	3:11	-0.2	3:18	0.6	4:52	6:33	
24	Sun	10:10	10.3	10:22	11.8	3:58	-0.7	4:08	-0.1	4:53	6:31	
25	Mon	10:55	10.9	11:11	12.0	4:44	-1.1	4:58	-0.6	4:54	6:29	
26	Tue	11:41	11.4			5:30	-1.3	5:49	-1.0	4:55	6:27	
27	Wed	12:01	11.9	12:28	11.7	6:16	-1.2	6:41	-1.2	4:56	6:26	
28	Thu	12:52	11.6	1:17	11.8	7:04	-1.0	7:35	-1.1	4:58	6:24	
29	Fri	1:47	11.1	2:09	11.7	7:55	-0.5	8:32	-0.9	4:59	6:22	
30	Sat	2:46	10.5	3:07	11.4	8:49	0.0	9:33	-0.5	5:00	6:21	
31	Sun	3:50	9.9	4:10	11.1	9:48	0.6	10:39	-0.2	5:01	6:19	