US HARBORS www.USHarbors.com

Rockland, ME - Jan 1723

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	5:44	9.2	6:06	8.7			12:01	1.7	7:16	4:12	
2	Sat	6:33	9.5	7:04	8.8	12:15	1.5	12:55	1.3	7:16	4:13	
3	Sun	7:21	10.0	7:58	9.0	1:05	1.5	1:48	0.8	7:16	4:14	
4	Mon	8:08	10.4	8:50	9.3	1:54	1.3	2:39	0.2	7:16	4:15	
5	Tue	8:56	11.0	9:40	9.6	2:43	1.1	3:28	-0.4	7:16	4:16	
6	Wed	9:44	11.5	10:29	10.0	3:32	0.8	4:16	-0.9	7:16	4:17	
7	Thu	10:32	11.9	11:18	10.3	4:21	0.5	5:05	-1.3	7:15	4:18	
8	Fri	11:22	12.1			5:11	0.2	5:54	-1.5	7:15	4:19	
9	Sat	12:08	10.5	12:14	12.2	6:02	0.0	6:45	-1.6	7:15	4:20	
10	Sun	12:59	10.7	1:07	12.1	6:56	-0.1	7:36	-1.5	7:15	4:21	
11	Mon	1:52	10.8	2:04	11.8	7:52	-0.1	8:30	-1.2	7:14	4:23	
12	Tue	2:48	10.9	3:04	11.3	8:52	0.0	9:25	-0.8	7:14	4:24	
13	Wed	3:47	10.9	4:08	10.7	9:55	0.1	10:23	-0.4	7:13	4:25	
14	Thu	4:48	10.9	5:15	10.2	11:00	0.1	11:22	0.1	7:13	4:26	
15	Fri	5:49	10.9	6:22	9.9			12:06	0.1	7:13	4:27	
16	Sat	6:49	11.0	7:26	9.7	12:23	0.4	1:10	0.0	7:12	4:29	
17	Sun	7:46	11.0	8:25	9.6	1:22	0.7	2:09	-0.1	7:11	4:30	
18	Mon	8:40	11.0	9:19	9.5	2:18	0.9	3:04	-0.2	7:11	4:31	
19	Tue	9:30	11.0	10:08	9.5	3:10	1.0	3:54	-0.2	7:10	4:32	
20	Wed	10:16	10.9	10:54	9.5	3:58	1.1	4:39	-0.1	7:09	4:34	
21	Thu	10:59	10.8	11:36	9.4	4:41	1.2	5:20	0.0	7:09	4:35	
22	Fri	11:38	10.6			5:22	1.3	5:58	0.1	7:08	4:36	
23	Sat	12:15	9.3	12:14	10.4	6:00	1.4	6:35	0.3	7:07	4:38	
24	Sun	12:51	9.2	12:47	10.2	6:37	1.4	7:10	0.5	7:06	4:39	
25	Mon	1:24	9.2	1:21	9.9	7:15	1.5	7:45	0.7	7:05	4:40	
26	Tue	1:56	9.1	1:57	9.6	7:55	1.6	8:22	0.9	7:04	4:42	
27	Wed	2:31	9.1	2:39	9.3	8:38	1.6	9:02	1.2	7:04	4:43	
28	Thu	3:11	9.2	3:25	9.0	9:25	1.7	9:45	1.4	7:03	4:44	
29	Fri	3:55	9.3	4:17	8.8	10:17	1.6	10:33	1.6	7:02	4:46	
30	Sat	4:44	9.4	5:15	8.7	11:13	1.5	11:25	1.7	7:01	4:47	
31	Sun	5:38	9.6	6:18	8.7			12:12	1.2	6:59	4:48	