US HARBORS www.USHarbors.com

Rockland, ME - Jan 1746

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	5:42	9.2	6:10	8.4	11:57	1.7			7:16	4:13	
2	Sun	6:31	9.3	7:06	8.4	12:07	1.9	12:52	1.5	7:16	4:14	
3	Mon	7:19	9.6	8:00	8.5	12:56	2.0	1:44	1.2	7:16	4:15	
4	Tue	8:05	9.8	8:49	8.6	1:45	1.9	2:33	0.8	7:16	4:16	
5	Wed	8:49	10.2	9:34	8.9	2:32	1.8	3:19	0.4	7:16	4:17	
6	Thu	9:31	10.5	10:17	9.1	3:17	1.6	4:03	0.1	7:15	4:18	
7	Fri	10:13	10.9	10:58	9.4	4:01	1.3	4:46	-0.3	7:15	4:19	
8	Sat	10:56	11.2	11:40	9.7	4:45	1.0	5:29	-0.6	7:15	4:20	
9	Sun	11:40	11.5			5:30	0.8	6:12	-0.8	7:15	4:21	
10	Mon	12:23	10.0	12:26	11.5	6:18	0.5	6:57	-0.9	7:14	4:22	
11	Tue	1:08	10.3	1:16	11.4	7:07	0.3	7:43	-0.8	7:14	4:23	
12	Wed	1:56	10.5	2:08	11.1	8:01	0.2	8:32	-0.6	7:14	4:24	
13	Thu	2:47	10.7	3:05	10.7	8:58	0.2	9:24	-0.3	7:13	4:25	
14	Fri	3:42	10.8	4:08	10.2	9:59	0.2	10:21	0.1	7:13	4:27	
15	Sat	4:42	10.9	5:17	9.8	11:04	0.1	11:20	0.5	7:12	4:28	
16	Sun	5:45	11.0	6:28	9.5			12:11	0.0	7:12	4:29	
17	Mon	6:49	11.1	7:35	9.5	12:23	0.8	1:17	-0.1	7:11	4:30	
18	Tue	7:51	11.2	8:37	9.5	1:26	0.9	2:20	-0.3	7:10	4:32	
19	Wed	8:49	11.3	9:33	9.6	2:26	0.9	3:17	-0.5	7:10	4:33	
20	Thu	9:43	11.4	10:25	9.7	3:23	0.9	4:10	-0.6	7:09	4:34	
21	Fri	10:33	11.3	11:13	9.8	4:14	0.8	4:58	-0.6	7:08	4:35	
22	Sat	11:19	11.2	11:57	9.7	5:02	0.8	5:42	-0.4	7:08	4:37	
23	Sun			12:02	10.9	5:46	0.9	6:22	-0.2	7:07	4:38	
24	Mon	12:38	9.7	12:42	10.6	6:28	1.0	7:01	0.1	7:06	4:39	
25	Tue	1:17	9.6	1:21	10.2	7:09	1.2	7:38	0.4	7:05	4:41	
26	Wed	1:54	9.5	1:59	9.7	7:50	1.3	8:15	0.8	7:04	4:42	
27	Thu	2:30	9.4	2:39	9.3	8:33	1.5	8:53	1.2	7:03	4:43	
28	Fri	3:07	9.3	3:23	8.9	9:20	1.6	9:35	1.6	7:02	4:45	
29	Sat	3:49	9.2	4:14	8.5	10:10	1.7	10:21	1.9	7:01	4:46	
30	Sun	4:36	9.2	5:12	8.2	11:05	1.7	11:12	2.2	7:00	4:48	
31	Mon	5:29	9.2	6:15	8.1			12:03	1.6	6:59	4:49	