US HARBORS www.USHarbors.com

Rockland, ME - Mar 1776

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	**8:19**	10.3	**8:54**	9.4	**1:59**	1.3	**2:39**	0.4	6:16	5:29	
2	Sat	**9:08**	10.4	**9:41**	9.5	**2:50**	1.2	**3:26**	0.3	6:14	5:30	
3	Sun	**9:53**	10.4	**10:23**	9.6	**3:36**	1.1	**4:08**	0.3	6:12	5:32	
4	Mon	**10:33**	10.4	**11:01**	9.7	**4:16**	1.0	**4:45**	0.3	6:10	5:33	
5	Tue	**11:10**	10.4	**11:35**	9.7	**4:54**	0.9	**5:20**	0.3	6:09	5:34	
6	Wed	**11:43**	10.2			**5:29**	0.8	**5:53**	0.4	6:07	5:36	
7	Thu	**12:05**	9.8	**12:13**	10.1	**6:04**	0.8	**6:25**	0.6	6:05	5:37	
8	Fri	**12:31**	9.8	**12:43**	9.9	**6:39**	0.8	**6:58**	0.7	6:03	5:38	
9	Sat	**1:01**	9.8	**1:18**	9.8	**7:16**	0.8	**7:33**	0.9	6:02	5:39	
10	Sun	**1:35**	9.9	**1:58**	9.5	**7:56**	0.8	**8:12**	1.1	6:00	5:41	
11	Mon	**2:16**	9.9	**2:44**	9.3	**8:41**	0.8	**8:56**	1.3	5:58	5:42	
12	Tue	**3:03**	9.9	**3:36**	9.1	**9:32**	0.8	**9:47**	1.4	5:56	5:43	
13	Wed	**3:55**	10.0	**4:35**	9.1	**10:30**	0.8	**10:45**	1.5	5:54	5:44	
14	Thu	**4:55**	10.1	**5:41**	9.2	**11:32**	0.6	**11:48**	1.3	5:52	5:46	
15	Fri	**6:00**	10.4	**6:50**	9.5			**12:36**	0.2	5:51	5:47	
16	Sat	**7:06**	10.8	**7:54**	10.0	**12:52**	0.9	**1:38**	-0.3	5:49	5:48	
17	Sun	**8:10**	11.4	**8:52**	10.7	**1:54**	0.3	**2:36**	-0.9	5:47	5:49	
18	Mon	**9:09**	11.9	**9:46**	11.3	**2:53**	-0.3	**3:30**	-1.3	5:45	5:51	
19	Tue	**10:05**	12.3	**10:37**	11.8	**3:49**	-0.9	**4:22**	-1.7	5:43	5:52	
20	Wed	**10:59**	12.4	**11:27**	12.2	**4:43**	-1.4	**5:12**	-1.8	5:42	5:53	
21	Thu	**11:51**	12.3			**5:35**	-1.7	**6:01**	-1.6	5:40	5:54	
22	Fri	**12:16**	12.3	**12:44**	12.0	**6:28**	-1.7	**6:51**	-1.2	5:38	5:55	
23	Sat	**1:06**	12.1	**1:38**	11.4	**7:21**	-1.4	**7:41**	-0.7	5:36	5:57	
24	Sun	**1:58**	11.7	**2:34**	10.8	**8:15**	-1.0	**8:34**	0.0	5:34	5:58	
25	Mon	**2:53**	11.3	**3:33**	10.2	**9:12**	-0.5	**9:30**	0.6	5:32	5:59	
26	Tue	**3:51**	10.7	**4:35**	9.6	**10:12**	0.0	**10:30**	1.1	5:30	6:00	
27	Wed	**4:53**	10.3	**5:37**	9.3	**11:13**	0.4	**11:32**	1.5	5:29	6:02	
28	Thu	**5:55**	10.0	**6:37**	9.2			**12:15**	0.7	5:27	6:03	
29	Fri	**6:54**	9.9	**7:33**	9.2	**12:33**	1.6	**1:13**	0.8	5:25	6:04	
30	Sat	**7:49**	9.9	**8:23**	9.4	**1:30**	1.5	**2:05**	0.7	5:23	6:05	
31	Sun	**8:38**	10.0	**9:09**	9.5	**2:22**	1.4	**2:52**	0.7	5:21	6:06	