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# Rockland, ME - Jan 1780

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sat | 6:37 | 10.8 | 7:09 | 9.7 | 12:11 | 0.3 | 12:54 | 0.2 | 7:16 | 4:12 | |
| 2 | Sun | 7:33 | 10.9 | 8:08 | 9.6 | 1:08 | 0.6 | 1:54 | 0.1 | 7:16 | 4:13 | |
| 3 | Mon | 8:25 | 10.9 | 9:02 | 9.5 | 2:03 | 0.9 | 2:48 | 0.0 | 7:16 | 4:14 | |
| 4 | Tue | 9:14 | 10.9 | 9:52 | 9.4 | 2:54 | 1.1 | 3:38 | -0.1 | 7:16 | 4:15 | |
| 5 | Wed | 9:59 | 10.8 | 10:38 | 9.3 | 3:41 | 1.2 | 4:23 | 0.0 | 7:15 | 4:16 | |
| 6 | Thu | 10:42 | 10.7 | 11:21 | 9.2 | 4:24 | 1.3 | 5:05 | 0.1 | 7:15 | 4:17 | |
| 7 | Fri | 11:20 | 10.5 | | | 5:04 | 1.5 | 5:44 | 0.2 | 7:15 | 4:18 | |
| 8 | Sat | 12:00 | 9.1 | 11:56 AM | 10.4 | 5:42 | 1.6 | 6:21 | 0.3 | 7:15 | 4:19 | |
| 9 | Sun | 12:37 | 9.0 | 12:30 | 10.2 | 6:19 | 1.7 | 6:57 | 0.5 | 7:15 | 4:20 | |
| 10 | Mon | 1:11 | 8.9 | 1:04 | 10.0 | 6:57 | 1.7 | 7:33 | 0.6 | 7:14 | 4:22 | |
| 11 | Tue | 1:45 | 8.9 | 1:40 | 9.8 | 7:37 | 1.8 | 8:10 | 0.8 | 7:14 | 4:23 | |
| 12 | Wed | 2:20 | 8.9 | 2:21 | 9.5 | 8:19 | 1.8 | 8:49 | 1.0 | 7:14 | 4:24 | |
| 13 | Thu | 2:59 | 9.0 | 3:06 | 9.3 | 9:06 | 1.8 | 9:31 | 1.2 | 7:13 | 4:25 | |
| 14 | Fri | 3:42 | 9.1 | 3:57 | 9.0 | 9:57 | 1.8 | 10:18 | 1.4 | 7:13 | 4:26 | |
| 15 | Sat | 4:30 | 9.3 | 4:52 | 8.9 | 10:52 | 1.6 | 11:08 | 1.5 | 7:12 | 4:27 | |
| 16 | Sun | 5:21 | 9.6 | 5:53 | 8.8 | 11:50 | 1.2 | | | 7:12 | 4:29 | |
| 17 | Mon | 6:16 | 10.0 | 6:57 | 8.9 | 12:02 | 1.5 | 12:49 | 0.8 | 7:11 | 4:30 | |
| 18 | Tue | 7:12 | 10.5 | 7:59 | 9.2 | 12:58 | 1.3 | 1:48 | 0.2 | 7:11 | 4:31 | |
| 19 | Wed | 8:09 | 11.0 | 8:57 | 9.6 | 1:54 | 1.1 | 2:44 | -0.4 | 7:10 | 4:32 | |
| 20 | Thu | 9:05 | 11.6 | 9:53 | 10.0 | 2:50 | 0.7 | 3:39 | -1.0 | 7:09 | 4:34 | |
| 21 | Fri | 9:59 | 12.1 | 10:46 | 10.5 | 3:44 | 0.3 | 4:32 | -1.5 | 7:08 | 4:35 | |
| 22 | Sat | 10:53 | 12.4 | 11:38 | 10.8 | 4:38 | -0.1 | 5:23 | -1.8 | 7:08 | 4:36 | |
| 23 | Sun | 11:47 | 12.6 | | | 5:32 | -0.4 | 6:15 | -1.9 | 7:07 | 4:38 | |
| 24 | Mon | 12:30 | 11.1 | 12:41 | 12.4 | 6:27 | -0.5 | 7:06 | -1.7 | 7:06 | 4:39 | |
| 25 | Tue | 1:22 | 11.2 | 1:36 | 12.0 | 7:22 | -0.5 | 7:57 | -1.4 | 7:05 | 4:40 | |
| 26 | Wed | 2:16 | 11.2 | 2:34 | 11.4 | 8:20 | -0.4 | 8:50 | -0.9 | 7:04 | 4:42 | |
| 27 | Thu | 3:11 | 11.1 | 3:34 | 10.8 | 9:19 | -0.2 | 9:45 | -0.3 | 7:03 | 4:43 | |
| 28 | Fri | 4:08 | 10.9 | 4:37 | 10.1 | 10:21 | 0.1 | 10:42 | 0.3 | 7:02 | 4:44 | |
| 29 | Sat | 5:08 | 10.7 | 5:42 | 9.6 | 11:25 | 0.3 | 11:41 | 0.9 | 7:01 | 4:46 | |
| 30 | Sun | 6:07 | 10.6 | 6:46 | 9.2 | | | 12:29 | 0.4 | 7:00 | 4:47 | |
| 31 | Mon | 7:06 | 10.4 | 7:46 | 9.1 | 12:41 | 1.2 | 1:30 | 0.5 | 6:59 | 4:49 | |