US HARBORS www.USHarbors.com

Rockland, ME - Jan 1791

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	7:21	11.5	8:02	10.3	12:58	0.0	1:45	-0.7	7:16	4:13	
2	Sun	8:21	11.9	9:03	10.6	1:59	-0.1	2:45	-1.2	7:16	4:14	
3	Mon	9:18	12.2	10:00	10.8	2:57	-0.3	3:42	-1.5	7:16	4:15	
4	Tue	10:13	12.4	10:53	11.0	3:53	-0.4	4:35	-1.7	7:16	4:16	
5	Wed	11:05	12.4	11:44	11.0	4:46	-0.4	5:26	-1.7	7:15	4:17	
6	Thu	11:55	12.1			5:37	-0.3	6:15	-1.4	7:15	4:18	
7	Fri	12:33	10.9	12:44	11.7	6:27	-0.1	7:02	-1.1	7:15	4:19	
8	Sat	1:22	10.7	1:32	11.2	7:17	0.2	7:49	-0.6	7:15	4:20	
9	Sun	2:10	10.4	2:21	10.6	8:07	0.5	8:35	-0.1	7:15	4:21	
10	Mon	2:58	10.1	3:11	10.0	8:57	0.9	9:22	0.4	7:14	4:22	
11	Tue	3:47	9.9	4:04	9.4	9:50	1.2	10:11	0.9	7:14	4:23	
12	Wed	4:38	9.7	5:00	9.0	10:45	1.4	11:01	1.3	7:13	4:24	
13	Thu	5:30	9.6	5:58	8.8	11:41	1.4	11:53	1.5	7:13	4:25	
14	Fri	6:23	9.6	6:55	8.7			12:37	1.3	7:13	4:27	
15	Sat	7:14	9.7	7:48	8.7	12:46	1.6	1:30	1.1	7:12	4:28	
16	Sun	8:02	9.9	8:37	8.9	1:36	1.6	2:20	0.9	7:11	4:29	
17	Mon	8:46	10.2	9:23	9.1	2:24	1.5	3:05	0.6	7:11	4:30	
18	Tue	9:27	10.4	10:04	9.3	3:08	1.3	3:48	0.3	7:10	4:32	
19	Wed	10:05	10.7	10:41	9.6	3:50	1.1	4:27	0.0	7:10	4:33	
20	Thu	10:42	10.9	11:17	9.9	4:31	0.9	5:06	-0.3	7:09	4:34	
21	Fri	11:19	11.1	11:53	10.1	5:11	0.6	5:45	-0.5	7:08	4:35	
22	Sat	11:59	11.2			5:53	0.4	6:25	-0.6	7:07	4:37	
23	Sun	12:32	10.4	12:42	11.2	6:37	0.2	7:07	-0.7	7:07	4:38	
24	Mon	1:15	10.6	1:29	11.1	7:25	0.1	7:52	-0.6	7:06	4:39	
25	Tue	2:02	10.8	2:21	10.8	8:16	0.0	8:42	-0.4	7:05	4:41	
26	Wed	2:53	10.9	3:18	10.5	9:13	0.0	9:36	-0.1	7:04	4:42	
27	Thu	3:50	11.0	4:22	10.1	10:14	0.0	10:35	0.1	7:03	4:44	
28	Fri	4:54	11.0	5:33	9.9	11:20	-0.1	11:38	0.3	7:02	4:45	
29	Sat	6:01	11.1	6:45	9.9			12:27	-0.3	7:01	4:46	
30	Sun	7:08	11.4	7:52	10.1	12:43	0.3	1:33	-0.5	7:00	4:48	
31	Mon	8:11	11.6	8:52	10.4	1:47	0.2	2:34	-0.8	6:59	4:49	