US HARBORS www.USHarbors.com

Rockland, ME - Jan 1796

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	3:59	10.1	4:14	10.1	9:59	1.0	10:28	0.3	7:16	4:12	
2	Sat	4:55	9.9	5:14	9.6	10:59	1.2	11:22	0.8	7:16	4:13	
3	Sun	5:49	9.9	6:13	9.2	11:58	1.2			7:16	4:14	
4	Mon	6:41	9.9	7:09	9.1	12:15	1.1	12:54	1.1	7:16	4:15	
5	Tue	7:31	9.9	8:02	9.0	1:06	1.3	1:47	1.0	7:15	4:16	
6	Wed	8:18	10.1	8:51	9.0	1:55	1.4	2:36	0.8	7:15	4:17	
7	Thu	9:01	10.2	9:36	9.1	2:40	1.5	3:20	0.6	7:15	4:18	
8	Fri	9:42	10.3	10:18	9.1	3:22	1.5	4:02	0.4	7:15	4:19	
9	Sat	10:19	10.4	10:57	9.2	4:02	1.4	4:40	0.2	7:15	4:21	
10	Sun	10:53	10.5	11:32	9.2	4:40	1.4	5:18	0.1	7:14	4:22	
11	Mon	11:26	10.6			5:17	1.3	5:54	0.0	7:14	4:23	
12	Tue	12:06	9.3	12:01	10.6	5:55	1.3	6:31	0.0	7:14	4:24	
13	Wed	12:40	9.4	12:39	10.6	6:35	1.2	7:10	-0.1	7:13	4:25	
14	Thu	1:17	9.6	1:21	10.6	7:17	1.1	7:51	0.0	7:13	4:26	
15	Fri	1:59	9.7	2:07	10.5	8:04	1.0	8:36	0.0	7:12	4:28	
16	Sat	2:45	9.9	2:59	10.3	8:56	0.9	9:25	0.1	7:12	4:29	
17	Sun	3:37	10.2	3:57	10.0	9:53	0.7	10:18	0.3	7:11	4:30	
18	Mon	4:33	10.4	5:00	9.9	10:56	0.5	11:16	0.4	7:10	4:31	
19	Tue	5:33	10.7	6:10	9.8			12:00	0.2	7:10	4:33	
20	Wed	6:37	11.1	7:20	9.9	12:17	0.4	1:06	-0.3	7:09	4:34	
21	Thu	7:40	11.5	8:25	10.1	1:19	0.3	2:08	-0.8	7:08	4:35	
22	Fri	8:40	11.9	9:26	10.4	2:20	0.2	3:08	-1.2	7:07	4:37	
23	Sat	9:38	12.2	10:22	10.7	3:18	0.0	4:04	-1.5	7:07	4:38	
24	Sun	10:32	12.4	11:14	10.8	4:13	-0.2	4:57	-1.7	7:06	4:39	
25	Mon	11:25	12.3			5:07	-0.3	5:47	-1.6	7:05	4:41	
26	Tue	12:05	10.9	12:15	12.1	5:58	-0.2	6:36	-1.3	7:04	4:42	
27	Wed	12:54	10.8	1:05	11.6	6:49	0.0	7:24	-0.9	7:03	4:43	
28	Thu	1:43	10.6	1:54	11.0	7:39	0.2	8:10	-0.4	7:02	4:45	
29	Fri	2:31	10.3	2:45	10.4	8:30	0.6	8:57	0.2	7:01	4:46	
30	Sat	3:19	10.0	3:37	9.8	9:22	0.9	9:45	0.7	7:00	4:47	
31	Sun	4:09	9.8	4:32	9.2	10:16	1.2	10:35	1.2	6:59	4:49	