

Rockland, ME - Aug 1969

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	1:44	12.1	2:21	11.1	8:04	-1.4	8:23	-0.4	5:24	8:01	
2	Sat	2:38	11.6	3:12	11.0	8:54	-0.9	9:18	-0.2	5:25	7:59	
3	Sun	3:33	10.9	4:05	10.8	9:44	-0.3	10:15	0.1	5:26	7:58	
4	Mon	4:30	10.2	4:58	10.5	10:35	0.4	11:14	0.5	5:27	7:57	
5	Tue	5:30	9.5	5:54	10.2	11:29	1.0			5:28	7:55	
6	Wed	6:31	9.0	6:51	10.0	12:14	0.7	12:25	1.5	5:29	7:54	
7	Thu	7:32	8.7	7:47	9.9	1:14	0.9	1:23	1.8	5:30	7:53	
8	Fri	8:29	8.6	8:41	9.9	2:13	1.0	2:19	1.9	5:32	7:51	
9	Sat	9:22	8.6	9:32	10.0	3:07	0.9	3:11	1.9	5:33	7:50	
10	Sun	10:11	8.7	10:18	10.1	3:56	0.8	3:58	1.8	5:34	7:49	
11	Mon	10:55	8.9	11:00	10.2	4:40	0.7	4:41	1.7	5:35	7:47	
12	Tue	11:35	9.0	11:37	10.3	5:20	0.5	5:21	1.5	5:36	7:46	
13	Wed			12:11	9.2	5:57	0.4	5:58	1.3	5:37	7:44	
14	Thu	12:11	10.3	12:43	9.3	6:31	0.4	6:34	1.2	5:38	7:43	
15	Fri	12:43	10.3	1:12	9.5	7:03	0.4	7:11	1.0	5:40	7:41	
16	Sat	1:16	10.2	1:42	9.7	7:36	0.4	7:49	0.9	5:41	7:40	
17	Sun	1:52	10.1	2:16	9.9	8:11	0.5	8:30	0.8	5:42	7:38	
18	Mon	2:33	9.9	2:56	10.0	8:48	0.7	9:15	0.7	5:43	7:36	
19	Tue	3:18	9.6	3:41	10.2	9:31	0.9	10:06	0.7	5:44	7:35	
20	Wed	4:10	9.3	4:32	10.3	10:20	1.1	11:04	0.6	5:45	7:33	
21	Thu	5:09	9.1	5:30	10.4	11:16	1.3			5:46	7:32	
22	Fri	6:16	9.0	6:35	10.5	12:08	0.5	12:18	1.4	5:48	7:30	
23	Sat	7:29	9.1	7:44	10.9	1:15	0.2	1:25	1.2	5:49	7:28	
24	Sun	8:39	9.4	8:51	11.3	2:21	-0.1	2:31	0.9	5:50	7:27	
25	Mon	9:41	9.9	9:54	11.7	3:23	-0.6	3:33	0.4	5:51	7:25	
26	Tue	10:37	10.4	10:51	12.1	4:21	-1.0	4:32	-0.1	5:52	7:23	
27	Wed	11:29	10.9	11:45	12.2	5:13	-1.3	5:27	-0.5	5:53	7:21	
28	Thu			12:19	11.2	6:03	-1.4	6:19	-0.8	5:54	7:20	
29	Fri	12:36	12.0	1:06	11.4	6:51	-1.2	7:11	-0.8	5:56	7:18	
30	Sat	1:26	11.6	1:53	11.3	7:37	-0.9	8:01	-0.6	5:57	7:16	
31	Sun	2:17	11.1	2:39	11.1	8:23	-0.3	8:52	-0.3	5:58	7:14	