

Rockland, ME - Nov 1969

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	3:42	8.3	3:37	9.2	9:27	2.5	10:12	1.3	6:13	4:26	
2	Sun	4:38	8.3	4:36	9.0	10:24	2.5	11:07	1.4	6:14	4:25	
3	Mon	5:34	8.4	5:36	9.0	11:23	2.4			6:15	4:24	
4	Tue	6:25	8.7	6:33	9.1	12:00	1.4	12:19	2.1	6:17	4:22	
5	Wed	7:12	9.1	7:24	9.3	12:49	1.2	1:12	1.7	6:18	4:21	
6	Thu	7:53	9.5	8:11	9.5	1:34	1.1	2:00	1.1	6:19	4:20	
7	Fri	8:32	10.0	8:55	9.7	2:16	0.9	2:44	0.6	6:21	4:19	
8	Sat	9:09	10.5	9:38	9.9	2:57	0.7	3:28	0.0	6:22	4:17	
9	Sun	9:46	11.0	10:21	10.1	3:37	0.6	4:11	-0.4	6:23	4:16	
10	Mon	10:27	11.3	11:05	10.1	4:18	0.5	4:55	-0.8	6:25	4:15	
11	Tue	11:10	11.6	11:52	10.1	5:02	0.5	5:42	-1.0	6:26	4:14	
12	Wed	11:57	11.7			5:48	0.5	6:31	-1.1	6:27	4:13	
13	Thu	12:42	10.0	12:47	11.6	6:38	0.6	7:24	-1.0	6:29	4:12	
14	Fri	1:37	9.9	1:43	11.4	7:33	0.8	8:21	-0.8	6:30	4:11	
15	Sat	2:38	9.7	2:45	11.1	8:33	1.0	9:22	-0.5	6:31	4:10	
16	Sun	3:43	9.7	3:54	10.8	9:39	1.0	10:25	-0.3	6:33	4:09	
17	Mon	4:50	9.9	5:05	10.5	10:49	1.0	11:28	-0.2	6:34	4:08	
18	Tue	5:54	10.2	6:14	10.4	11:58	0.7			6:35	4:07	
19	Wed	6:53	10.6	7:18	10.3	12:29	-0.1	1:02	0.3	6:36	4:06	
20	Thu	7:48	10.9	8:16	10.3	1:26	0.0	2:02	0.0	6:38	4:05	
21	Fri	8:39	11.2	9:10	10.2	2:18	0.1	2:56	-0.3	6:39	4:05	
22	Sat	9:26	11.3	10:00	10.1	3:07	0.3	3:45	-0.5	6:40	4:04	
23	Sun	10:10	11.2	10:47	9.9	3:53	0.6	4:31	-0.5	6:42	4:03	
24	Mon	10:52	11.0	11:31	9.6	4:36	0.9	5:14	-0.4	6:43	4:03	
25	Tue	11:31	10.8			5:17	1.2	5:55	-0.1	6:44	4:02	
26	Wed	12:13	9.3	12:09	10.5	5:57	1.5	6:36	0.1	6:45	4:01	
27	Thu	12:54	9.0	12:46	10.2	6:36	1.8	7:16	0.4	6:46	4:01	
28	Fri	1:35	8.8	1:25	9.9	7:17	2.0	7:58	0.7	6:48	4:00	
29	Sat	2:16	8.6	2:06	9.6	8:01	2.2	8:42	0.9	6:49	4:00	
30	Sun	3:00	8.5	2:52	9.3	8:48	2.3	9:28	1.1	6:50	3:59	