

## Rockland, ME - Dec 1969

| Date |     | High  |      |       |      | Low   |     |       |      |  |      |    |
|------|-----|-------|------|-------|------|-------|-----|-------|------|-------------------------------------------------------------------------------------|------|---------------------------------------------------------------------------------------|
|      |     | AM    | ft   | PM    | ft   | AM    | ft  | PM    | ft   | Rise                                                                                | Set  | Moon                                                                                  |
| 1    | Mon | 3:47  | 8.5  | 3:43  | 9.1  | 9:40  | 2.3 | 10:16 | 1.3  | 6:51                                                                                | 3:59 |    |
| 2    | Tue | 4:36  | 8.6  | 4:38  | 9.0  | 10:35 | 2.2 | 11:04 | 1.3  | 6:52                                                                                | 3:59 |    |
| 3    | Wed | 5:25  | 8.9  | 5:34  | 8.9  | 11:31 | 2.0 | 11:53 | 1.3  | 6:53                                                                                | 3:58 |    |
| 4    | Thu | 6:13  | 9.3  | 6:31  | 9.0  |       |     | 12:26 | 1.6  | 6:54                                                                                | 3:58 |    |
| 5    | Fri | 6:58  | 9.7  | 7:25  | 9.2  | 12:41 | 1.3 | 1:18  | 1.0  | 6:55                                                                                | 3:58 |    |
| 6    | Sat | 7:43  | 10.3 | 8:17  | 9.4  | 1:29  | 1.1 | 2:09  | 0.4  | 6:56                                                                                | 3:58 |    |
| 7    | Sun | 8:29  | 10.8 | 9:08  | 9.6  | 2:16  | 1.0 | 2:58  | -0.2 | 6:57                                                                                | 3:58 |    |
| 8    | Mon | 9:15  | 11.3 | 9:58  | 9.9  | 3:03  | 0.8 | 3:47  | -0.7 | 6:58                                                                                | 3:58 |    |
| 9    | Tue | 10:02 | 11.7 | 10:48 | 10.1 | 3:51  | 0.6 | 4:36  | -1.1 | 6:59                                                                                | 3:58 |    |
| 10   | Wed | 10:52 | 12.0 | 11:39 | 10.2 | 4:40  | 0.4 | 5:26  | -1.4 | 7:00                                                                                | 3:58 |    |
| 11   | Thu | 11:43 | 12.2 |       |      | 5:31  | 0.3 | 6:18  | -1.5 | 7:01                                                                                | 3:58 |    |
| 12   | Fri | 12:32 | 10.3 | 12:38 | 12.1 | 6:25  | 0.3 | 7:12  | -1.4 | 7:02                                                                                | 3:58 |   |
| 13   | Sat | 1:28  | 10.3 | 1:35  | 11.8 | 7:22  | 0.3 | 8:07  | -1.2 | 7:03                                                                                | 3:58 |  |
| 14   | Sun | 2:26  | 10.3 | 2:36  | 11.4 | 8:22  | 0.4 | 9:04  | -0.8 | 7:03                                                                                | 3:58 |  |
| 15   | Mon | 3:26  | 10.4 | 3:41  | 10.9 | 9:26  | 0.5 | 10:03 | -0.5 | 7:04                                                                                | 3:58 |  |
| 16   | Tue | 4:28  | 10.4 | 4:48  | 10.4 | 10:32 | 0.5 | 11:02 | -0.1 | 7:05                                                                                | 3:59 |  |
| 17   | Wed | 5:29  | 10.6 | 5:54  | 10.1 | 11:39 | 0.5 |       |      | 7:06                                                                                | 3:59 |  |
| 18   | Thu | 6:27  | 10.7 | 6:58  | 9.8  | 12:02 | 0.3 | 12:43 | 0.3  | 7:06                                                                                | 3:59 |  |
| 19   | Fri | 7:23  | 10.8 | 7:57  | 9.6  | 12:59 | 0.6 | 1:43  | 0.1  | 7:07                                                                                | 4:00 |  |
| 20   | Sat | 8:15  | 10.9 | 8:52  | 9.5  | 1:54  | 0.8 | 2:38  | 0.0  | 7:07                                                                                | 4:00 |  |
| 21   | Sun | 9:04  | 10.9 | 9:43  | 9.4  | 2:45  | 1.0 | 3:28  | -0.1 | 7:08                                                                                | 4:00 |  |
| 22   | Mon | 9:50  | 10.8 | 10:30 | 9.3  | 3:32  | 1.2 | 4:14  | -0.1 | 7:08                                                                                | 4:01 |  |
| 23   | Tue | 10:33 | 10.7 | 11:13 | 9.2  | 4:16  | 1.4 | 4:57  | 0.0  | 7:09                                                                                | 4:01 |  |
| 24   | Wed | 11:12 | 10.5 | 11:53 | 9.1  | 4:57  | 1.5 | 5:37  | 0.1  | 7:09                                                                                | 4:02 |  |
| 25   | Thu | 11:49 | 10.4 |       |      | 5:35  | 1.6 | 6:14  | 0.3  | 7:10                                                                                | 4:03 |  |
| 26   | Fri | 12:31 | 9.0  | 12:24 | 10.2 | 6:13  | 1.7 | 6:51  | 0.4  | 7:10                                                                                | 4:03 |  |
| 27   | Sat | 1:07  | 8.9  | 12:58 | 10.0 | 6:51  | 1.8 | 7:28  | 0.6  | 7:10                                                                                | 4:04 |  |
| 28   | Sun | 1:42  | 8.8  | 1:34  | 9.8  | 7:30  | 1.9 | 8:06  | 0.7  | 7:10                                                                                | 4:05 |  |
| 29   | Mon | 2:18  | 8.8  | 2:15  | 9.6  | 8:13  | 1.9 | 8:45  | 0.9  | 7:11                                                                                | 4:06 |  |
| 30   | Tue | 2:57  | 8.9  | 2:59  | 9.3  | 8:59  | 1.9 | 9:27  | 1.1  | 7:11                                                                                | 4:06 |  |
| 31   | Wed | 3:39  | 9.1  | 3:48  | 9.1  | 9:49  | 1.9 | 10:09 | 1.4  | 7:11                                                                                | 4:07 |  |