

Rockland, ME - Jan 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	4:22	9.2	4:42	8.8	10:42	1.7	10:58	1.5	7:11	4:08	
2	Fri	5:12	9.5	5:41	8.7	11:39	1.4	11:50	1.5	7:11	4:09	
3	Sat	6:05	9.9	6:44	8.8			12:38	0.9	7:11	4:10	
4	Sun	7:00	10.4	7:46	9.1	12:45	1.4	1:36	0.4	7:11	4:11	
5	Mon	7:56	10.9	8:45	9.4	1:41	1.2	2:32	-0.2	7:11	4:12	
6	Tue	8:51	11.5	9:40	9.8	2:36	0.9	3:27	-0.8	7:11	4:13	
7	Wed	9:46	12.0	10:34	10.2	3:31	0.5	4:20	-1.3	7:11	4:14	
8	Thu	10:40	12.3	11:26	10.6	4:25	0.1	5:12	-1.7	7:10	4:15	
9	Fri	11:34	12.5			5:19	-0.2	6:03	-1.8	7:10	4:16	
10	Sat	12:18	10.9	12:28	12.4	6:13	-0.4	6:54	-1.8	7:10	4:17	
11	Sun	1:11	11.1	1:23	12.1	7:09	-0.4	7:46	-1.5	7:10	4:18	
12	Mon	2:04	11.1	2:20	11.5	8:06	-0.3	8:38	-1.0	7:09	4:19	
13	Tue	2:59	11.1	3:20	10.9	9:06	-0.1	9:32	-0.4	7:09	4:21	
14	Wed	3:56	11.0	4:22	10.2	10:08	0.1	10:29	0.2	7:08	4:22	
15	Thu	4:54	10.8	5:27	9.6	11:11	0.3	11:27	0.7	7:08	4:23	
16	Fri	5:54	10.6	6:31	9.2			12:15	0.4	7:07	4:24	
17	Sat	6:52	10.5	7:32	9.0	12:26	1.2	1:17	0.5	7:07	4:25	
18	Sun	7:48	10.4	8:29	8.9	1:24	1.4	2:14	0.5	7:06	4:27	
19	Mon	8:40	10.4	9:20	9.0	2:19	1.6	3:06	0.4	7:05	4:28	
20	Tue	9:28	10.4	10:06	9.0	3:09	1.6	3:53	0.4	7:05	4:29	
21	Wed	10:12	10.4	10:49	9.0	3:53	1.6	4:35	0.3	7:04	4:31	
22	Thu	10:51	10.4	11:28	9.1	4:34	1.5	5:13	0.3	7:03	4:32	
23	Fri	11:27	10.3			5:12	1.5	5:48	0.4	7:02	4:33	
24	Sat	12:03	9.1	12:00	10.2	5:48	1.5	6:21	0.4	7:02	4:35	
25	Sun	12:34	9.2	12:31	10.1	6:23	1.4	6:54	0.5	7:01	4:36	
26	Mon	1:03	9.2	1:04	9.9	7:00	1.4	7:27	0.7	7:00	4:37	
27	Tue	1:34	9.3	1:41	9.7	7:39	1.4	8:02	0.9	6:59	4:39	
28	Wed	2:09	9.4	2:23	9.4	8:22	1.4	8:41	1.1	6:58	4:40	
29	Thu	2:49	9.5	3:10	9.1	9:09	1.3	9:24	1.3	6:57	4:41	
30	Fri	3:35	9.7	4:03	8.9	10:02	1.2	10:14	1.5	6:56	4:43	
31	Sat	4:27	9.8	5:04	8.7	11:01	1.1	11:11	1.6	6:55	4:44	