

## Rockland, ME - Mar 1970

| Date |     | High  |      |       |      | Low   |      |       |      |  |      |    |
|------|-----|-------|------|-------|------|-------|------|-------|------|-------------------------------------------------------------------------------------|------|---------------------------------------------------------------------------------------|
|      |     | AM    | ft   | PM    | ft   | AM    | ft   | PM    | ft   | Rise                                                                                | Set  | Moon                                                                                  |
| 1    | Sun | 3:55  | 10.1 | 4:40  | 8.7  | 10:33 | 0.8  | 10:43 | 1.7  | 6:13                                                                                | 5:24 |    |
| 2    | Mon | 4:58  | 10.2 | 5:51  | 8.8  | 11:40 | 0.6  | 11:50 | 1.6  | 6:11                                                                                | 5:25 |    |
| 3    | Tue | 6:07  | 10.5 | 7:04  | 9.1  |       |      | 12:47 | 0.2  | 6:10                                                                                | 5:26 |    |
| 4    | Wed | 7:17  | 10.9 | 8:09  | 9.7  | 12:58 | 1.2  | 1:51  | -0.3 | 6:08                                                                                | 5:28 |    |
| 5    | Thu | 8:22  | 11.4 | 9:06  | 10.3 | 2:03  | 0.6  | 2:49  | -0.8 | 6:06                                                                                | 5:29 |    |
| 6    | Fri | 9:21  | 11.9 | 9:59  | 11.0 | 3:03  | 0.0  | 3:43  | -1.2 | 6:04                                                                                | 5:30 |    |
| 7    | Sat | 10:16 | 12.2 | 10:48 | 11.5 | 3:58  | -0.6 | 4:33  | -1.5 | 6:03                                                                                | 5:31 |    |
| 8    | Sun | 11:08 | 12.2 | 11:36 | 11.8 | 4:52  | -1.1 | 5:21  | -1.5 | 6:01                                                                                | 5:33 |    |
| 9    | Mon | 11:59 | 12.0 |       |      | 5:43  | -1.3 | 6:08  | -1.2 | 5:59                                                                                | 5:34 |    |
| 10   | Tue | 12:23 | 11.9 | 12:49 | 11.5 | 6:34  | -1.3 | 6:54  | -0.7 | 5:57                                                                                | 5:35 |    |
| 11   | Wed | 1:10  | 11.7 | 1:41  | 10.8 | 7:25  | -1.0 | 7:42  | -0.1 | 5:56                                                                                | 5:36 |    |
| 12   | Thu | 1:58  | 11.3 | 2:34  | 10.1 | 8:17  | -0.5 | 8:31  | 0.6  | 5:54                                                                                | 5:38 |   |
| 13   | Fri | 2:49  | 10.8 | 3:30  | 9.4  | 9:12  | 0.0  | 9:24  | 1.2  | 5:52                                                                                | 5:39 |  |
| 14   | Sat | 3:44  | 10.3 | 4:31  | 8.9  | 10:10 | 0.6  | 10:21 | 1.8  | 5:50                                                                                | 5:40 |  |
| 15   | Sun | 4:45  | 9.8  | 5:34  | 8.5  | 11:12 | 1.0  | 11:23 | 2.1  | 5:48                                                                                | 5:41 |  |
| 16   | Mon | 5:48  | 9.5  | 6:35  | 8.4  |       |      | 12:14 | 1.2  | 5:47                                                                                | 5:43 |  |
| 17   | Tue | 6:48  | 9.5  | 7:31  | 8.5  | 12:25 | 2.2  | 1:13  | 1.2  | 5:45                                                                                | 5:44 |  |
| 18   | Wed | 7:44  | 9.6  | 8:21  | 8.8  | 1:23  | 2.1  | 2:05  | 1.1  | 5:43                                                                                | 5:45 |  |
| 19   | Thu | 8:33  | 9.8  | 9:06  | 9.0  | 2:15  | 1.8  | 2:51  | 0.9  | 5:41                                                                                | 5:46 |  |
| 20   | Fri | 9:18  | 9.9  | 9:46  | 9.3  | 3:01  | 1.5  | 3:32  | 0.8  | 5:39                                                                                | 5:48 |  |
| 21   | Sat | 9:58  | 10.0 | 10:22 | 9.6  | 3:42  | 1.2  | 4:08  | 0.7  | 5:37                                                                                | 5:49 |  |
| 22   | Sun | 10:34 | 10.1 | 10:53 | 9.8  | 4:20  | 0.9  | 4:41  | 0.6  | 5:36                                                                                | 5:50 |  |
| 23   | Mon | 11:07 | 10.0 | 11:21 | 10.0 | 4:56  | 0.7  | 5:13  | 0.7  | 5:34                                                                                | 5:51 |  |
| 24   | Tue | 11:40 | 10.0 | 11:50 | 10.2 | 5:31  | 0.4  | 5:45  | 0.7  | 5:32                                                                                | 5:53 |  |
| 25   | Wed |       |      | 12:14 | 9.8  | 6:08  | 0.3  | 6:19  | 0.9  | 5:30                                                                                | 5:54 |  |
| 26   | Thu | 12:23 | 10.4 | 12:52 | 9.7  | 6:47  | 0.2  | 6:57  | 1.0  | 5:28                                                                                | 5:55 |  |
| 27   | Fri | 1:02  | 10.4 | 1:35  | 9.5  | 7:30  | 0.2  | 7:39  | 1.2  | 5:26                                                                                | 5:56 |  |
| 28   | Sat | 1:46  | 10.5 | 2:25  | 9.2  | 8:18  | 0.2  | 8:27  | 1.4  | 5:25                                                                                | 5:58 |  |
| 29   | Sun | 2:37  | 10.4 | 3:22  | 9.0  | 9:13  | 0.3  | 9:24  | 1.6  | 5:23                                                                                | 5:59 |  |
| 30   | Mon | 3:35  | 10.3 | 4:28  | 8.9  | 10:15 | 0.4  | 10:28 | 1.6  | 5:21                                                                                | 6:00 |  |
| 31   | Tue | 4:41  | 10.3 | 5:40  | 9.1  | 11:22 | 0.3  | 11:37 | 1.4  | 5:19                                                                                | 6:01 |  |