

Rockland, ME - Jul 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	10:16	9.4	10:25	11.0	4:01	-0.2	4:05	1.1	4:56	8:23	
2	Thu	11:06	9.4	11:12	10.9	4:51	-0.2	4:54	1.2	4:57	8:23	
3	Fri	11:53	9.3	11:56	10.7	5:38	-0.1	5:38	1.4	4:57	8:23	
4	Sat			12:37	9.2	6:21	0.0	6:20	1.5	4:58	8:22	
5	Sun	12:37	10.5	1:17	9.1	7:01	0.2	7:00	1.6	4:59	8:22	
6	Mon	1:14	10.3	1:55	9.0	7:39	0.3	7:39	1.7	4:59	8:22	
7	Tue	1:50	10.1	2:31	9.0	8:15	0.5	8:19	1.7	5:00	8:21	
8	Wed	2:26	9.9	3:06	9.0	8:52	0.7	9:00	1.8	5:01	8:21	
9	Thu	3:04	9.6	3:42	9.0	9:30	0.9	9:45	1.8	5:01	8:21	
10	Fri	3:46	9.3	4:21	9.1	10:09	1.2	10:32	1.8	5:02	8:20	
11	Sat	4:32	9.0	5:04	9.2	10:52	1.4	11:24	1.7	5:03	8:20	
12	Sun	5:23	8.8	5:51	9.4	11:38	1.6			5:04	8:19	
13	Mon	6:19	8.6	6:42	9.7	12:18	1.5	12:28	1.7	5:05	8:18	
14	Tue	7:19	8.6	7:36	10.0	1:15	1.2	1:21	1.7	5:06	8:18	
15	Wed	8:20	8.7	8:31	10.4	2:12	0.8	2:16	1.5	5:06	8:17	
16	Thu	9:19	9.0	9:26	11.0	3:08	0.3	3:11	1.3	5:07	8:16	
17	Fri	10:15	9.4	10:20	11.5	4:02	-0.3	4:05	0.9	5:08	8:16	
18	Sat	11:08	9.8	11:13	11.9	4:55	-0.8	4:59	0.5	5:09	8:15	
19	Sun	11:59	10.3			5:46	-1.2	5:52	0.1	5:10	8:14	
20	Mon	12:06	12.2	12:50	10.7	6:36	-1.5	6:46	-0.2	5:11	8:13	
21	Tue	1:00	12.3	1:41	11.0	7:26	-1.6	7:40	-0.4	5:12	8:12	
22	Wed	1:54	12.1	2:33	11.2	8:17	-1.5	8:37	-0.5	5:13	8:12	
23	Thu	2:49	11.7	3:27	11.3	9:08	-1.1	9:35	-0.4	5:14	8:11	
24	Fri	3:48	11.1	4:22	11.2	10:01	-0.6	10:36	-0.2	5:15	8:10	
25	Sat	4:50	10.5	5:21	11.1	10:57	-0.1	11:39	0.0	5:16	8:09	
26	Sun	5:55	9.9	6:21	10.9	11:55	0.5			5:17	8:08	
27	Mon	7:00	9.5	7:21	10.8	12:43	0.1	12:55	0.9	5:18	8:07	
28	Tue	8:04	9.2	8:20	10.7	1:47	0.2	1:56	1.2	5:19	8:06	
29	Wed	9:03	9.1	9:16	10.6	2:47	0.2	2:54	1.4	5:20	8:04	
30	Thu	9:57	9.1	10:07	10.6	3:43	0.2	3:48	1.4	5:21	8:03	
31	Fri	10:47	9.1	10:54	10.6	4:33	0.2	4:36	1.4	5:22	8:02	