

Rockland, ME - Jan 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	10:25	11.9	11:04	10.5	4:05	0.1	4:47	-1.2	7:11	4:08	●
2	Fri	11:14	11.8	11:51	10.4	4:55	0.1	5:34	-1.0	7:11	4:08	●
3	Sat	11:59	11.5			5:42	0.3	6:18	-0.8	7:11	4:09	●
4	Sun	12:37	10.2	12:43	11.1	6:27	0.5	7:01	-0.4	7:11	4:10	●
5	Mon	1:20	10.0	1:26	10.6	7:12	0.8	7:42	0.0	7:11	4:11	◐
6	Tue	2:03	9.8	2:08	10.1	7:56	1.1	8:24	0.4	7:11	4:12	◐
7	Wed	2:45	9.6	2:52	9.6	8:43	1.3	9:07	0.8	7:11	4:13	◐
8	Thu	3:28	9.4	3:39	9.2	9:31	1.5	9:52	1.2	7:11	4:14	◐
9	Fri	4:14	9.3	4:32	8.8	10:23	1.6	10:40	1.5	7:10	4:15	◐
10	Sat	5:04	9.3	5:30	8.6	11:18	1.6	11:30	1.7	7:10	4:17	◐
11	Sun	5:55	9.4	6:29	8.5			12:14	1.5	7:10	4:18	◐
12	Mon	6:47	9.6	7:25	8.6	12:23	1.7	1:09	1.2	7:09	4:19	◐
13	Tue	7:36	9.9	8:16	8.8	1:14	1.7	2:00	0.9	7:09	4:20	○
14	Wed	8:23	10.3	9:03	9.1	2:04	1.5	2:48	0.4	7:08	4:21	○
15	Thu	9:07	10.7	9:47	9.5	2:51	1.2	3:33	0.0	7:08	4:22	○
16	Fri	9:49	11.1	10:28	9.9	3:36	0.8	4:16	-0.4	7:07	4:24	○
17	Sat	10:32	11.4	11:10	10.3	4:21	0.5	4:59	-0.8	7:07	4:25	○
18	Sun	11:16	11.7	11:53	10.7	5:07	0.1	5:43	-1.1	7:06	4:26	○
19	Mon			12:02	11.8	5:54	-0.2	6:28	-1.2	7:06	4:27	○
20	Tue	12:38	11.0	12:51	11.7	6:43	-0.4	7:14	-1.2	7:05	4:29	○
21	Wed	1:26	11.2	1:42	11.5	7:35	-0.4	8:04	-1.0	7:04	4:30	○
22	Thu	2:17	11.3	2:39	11.1	8:31	-0.4	8:57	-0.7	7:04	4:31	○
23	Fri	3:13	11.3	3:41	10.6	9:31	-0.3	9:54	-0.3	7:03	4:33	○
24	Sat	4:14	11.2	4:49	10.2	10:35	-0.2	10:55	0.1	7:02	4:34	◐
25	Sun	5:20	11.2	6:00	9.9	11:42	-0.2	11:59	0.4	7:01	4:35	◐
26	Mon	6:26	11.2	7:08	9.8			12:49	-0.2	7:00	4:37	◐
27	Tue	7:30	11.3	8:11	9.9	1:03	0.5	1:53	-0.4	6:59	4:38	◐
28	Wed	8:29	11.4	9:07	10.1	2:05	0.5	2:51	-0.6	6:58	4:39	◐
29	Thu	9:23	11.5	9:59	10.2	3:01	0.4	3:43	-0.7	6:57	4:41	◐
30	Fri	10:12	11.4	10:47	10.3	3:53	0.4	4:31	-0.7	6:56	4:42	◐
31	Sat	10:58	11.3	11:31	10.2	4:41	0.4	5:15	-0.6	6:55	4:43	●