

Rockland, ME - Mar 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	11:20	10.6	11:43	10.2	5:03	0.4	5:27	0.1	6:12	5:24	●
2	Tue	11:57	10.4			5:41	0.5	6:02	0.3	6:10	5:26	●
3	Wed	12:16	10.1	12:30	10.1	6:17	0.5	6:35	0.6	6:09	5:27	●
4	Thu	12:46	10.0	1:02	9.8	6:53	0.7	7:09	0.9	6:07	5:28	●
5	Fri	1:16	9.9	1:35	9.5	7:31	0.8	7:44	1.1	6:05	5:30	◐
6	Sat	1:49	9.8	2:13	9.2	8:11	1.0	8:23	1.4	6:03	5:31	◐
7	Sun	2:28	9.6	2:57	8.9	8:55	1.1	9:07	1.7	6:02	5:32	◐
8	Mon	3:13	9.5	3:47	8.7	9:45	1.2	9:57	1.8	6:00	5:33	◐
9	Tue	4:04	9.5	4:44	8.6	10:40	1.3	10:52	1.9	5:58	5:35	◐
10	Wed	5:01	9.6	5:47	8.7	11:39	1.1	11:52	1.7	5:56	5:36	◐
11	Thu	6:03	9.8	6:50	9.0			12:38	0.8	5:55	5:37	◐
12	Fri	7:04	10.2	7:47	9.6	12:51	1.3	1:34	0.3	5:53	5:38	◐
13	Sat	8:02	10.8	8:40	10.2	1:49	0.8	2:26	-0.2	5:51	5:40	○
14	Sun	8:57	11.3	9:29	10.9	2:43	0.1	3:16	-0.7	5:49	5:41	○
15	Mon	9:49	11.7	10:17	11.6	3:35	-0.6	4:05	-1.2	5:47	5:42	○
16	Tue	10:40	12.0	11:05	12.1	4:27	-1.2	4:53	-1.4	5:46	5:43	○
17	Wed	11:31	12.1	11:53	12.4	5:18	-1.6	5:41	-1.5	5:44	5:45	○
18	Thu			12:23	12.0	6:10	-1.8	6:31	-1.3	5:42	5:46	○
19	Fri	12:44	12.4	1:17	11.6	7:03	-1.8	7:23	-0.9	5:40	5:47	○
20	Sat	1:37	12.2	2:15	11.1	7:59	-1.5	8:18	-0.4	5:38	5:48	○
21	Sun	2:34	11.8	3:17	10.6	8:58	-1.0	9:16	0.1	5:36	5:50	○
22	Mon	3:37	11.4	4:23	10.1	10:01	-0.6	10:20	0.6	5:35	5:51	○
23	Tue	4:44	10.9	5:30	9.8	11:06	-0.2	11:27	0.9	5:33	5:52	◐
24	Wed	5:51	10.6	6:33	9.8			12:12	0.1	5:31	5:53	◐
25	Thu	6:54	10.5	7:32	9.8	12:33	1.0	1:13	0.2	5:29	5:55	◐
26	Fri	7:52	10.5	8:25	10.0	1:34	0.9	2:08	0.2	5:27	5:56	◐
27	Sat	8:45	10.4	9:13	10.1	2:29	0.7	2:58	0.2	5:25	5:57	◐
28	Sun	9:32	10.4	9:56	10.2	3:17	0.6	3:41	0.3	5:24	5:58	◐
29	Mon	10:16	10.3	10:36	10.3	4:00	0.5	4:20	0.4	5:22	5:59	◐
30	Tue	10:55	10.2	11:11	10.2	4:39	0.4	4:56	0.6	5:20	6:01	◐
31	Wed	11:32	10.0	11:42	10.2	5:16	0.4	5:29	0.7	5:18	6:02	●