

Rockland, ME - Jun 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	1:21	10.5	2:01	9.4	7:53	0.0	7:59	1.3	4:55	8:12	
2	Wed	2:02	10.6	2:43	9.6	8:35	0.0	8:46	1.2	4:55	8:13	
3	Thu	2:48	10.5	3:30	9.7	9:21	0.0	9:37	1.1	4:54	8:14	
4	Fri	3:39	10.4	4:22	9.9	10:10	0.0	10:33	0.9	4:54	8:15	
5	Sat	4:36	10.3	5:18	10.2	11:04	0.0	11:33	0.7	4:54	8:15	
6	Sun	5:37	10.2	6:18	10.6			12:00	0.0	4:53	8:16	
7	Mon	6:43	10.2	7:18	11.0	12:37	0.3	12:59	-0.1	4:53	8:17	
8	Tue	7:51	10.3	8:19	11.5	1:40	-0.2	1:58	-0.2	4:53	8:17	
9	Wed	8:56	10.5	9:17	11.9	2:42	-0.7	2:56	-0.3	4:52	8:18	
10	Thu	9:57	10.7	10:13	12.3	3:41	-1.2	3:53	-0.4	4:52	8:18	
11	Fri	10:55	10.8	11:08	12.5	4:37	-1.5	4:48	-0.4	4:52	8:19	
12	Sat	11:50	10.9			5:32	-1.7	5:42	-0.4	4:52	8:20	
13	Sun	12:01	12.4	12:43	10.9	6:24	-1.7	6:35	-0.2	4:52	8:20	
14	Mon	12:53	12.2	1:35	10.8	7:15	-1.5	7:27	0.0	4:52	8:20	
15	Tue	1:44	11.8	2:26	10.5	8:06	-1.2	8:19	0.3	4:52	8:21	
16	Wed	2:35	11.3	3:17	10.3	8:55	-0.7	9:11	0.6	4:52	8:21	
17	Thu	3:27	10.8	4:08	10.0	9:44	-0.2	10:05	1.0	4:52	8:22	
18	Fri	4:20	10.2	5:00	9.8	10:34	0.2	10:59	1.2	4:52	8:22	
19	Sat	5:14	9.7	5:52	9.7	11:24	0.7	11:55	1.4	4:52	8:22	
20	Sun	6:10	9.3	6:43	9.7			12:15	1.0	4:52	8:23	
21	Mon	7:06	9.0	7:33	9.7	12:51	1.4	1:05	1.3	4:53	8:23	
22	Tue	8:01	8.9	8:21	9.8	1:45	1.3	1:55	1.4	4:53	8:23	
23	Wed	8:52	8.9	9:07	10.0	2:36	1.1	2:43	1.5	4:53	8:23	
24	Thu	9:41	8.9	9:50	10.2	3:24	0.8	3:28	1.5	4:53	8:23	
25	Fri	10:26	9.1	10:30	10.3	4:09	0.6	4:11	1.4	4:54	8:23	
26	Sat	11:08	9.2	11:07	10.5	4:51	0.3	4:52	1.3	4:54	8:23	
27	Sun	11:46	9.3	11:43	10.7	5:31	0.1	5:33	1.2	4:55	8:23	
28	Mon			12:23	9.5	6:11	-0.1	6:13	1.0	4:55	8:23	
29	Tue	12:20	10.9	1:00	9.7	6:50	-0.3	6:55	0.9	4:56	8:23	
30	Wed	1:00	11.0	1:39	9.9	7:30	-0.4	7:39	0.7	4:56	8:23	