

Rockland, ME - Jul 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	1:43	11.0	2:22	10.2	8:13	-0.5	8:27	0.6	4:57	8:23	
2	Fri	2:31	10.9	3:09	10.4	8:58	-0.5	9:18	0.4	4:57	8:23	
3	Sat	3:22	10.8	4:00	10.6	9:48	-0.4	10:15	0.3	4:58	8:23	
4	Sun	4:19	10.5	4:56	10.8	10:41	-0.2	11:15	0.2	4:58	8:22	
5	Mon	5:21	10.3	5:56	11.0	11:37	-0.1			4:59	8:22	
6	Tue	6:29	10.1	7:00	11.2	12:19	0.0	12:38	0.1	5:00	8:22	
7	Wed	7:38	10.1	8:03	11.5	1:24	-0.3	1:39	0.1	5:00	8:21	
8	Thu	8:45	10.2	9:04	11.8	2:28	-0.6	2:40	0.1	5:01	8:21	
9	Fri	9:46	10.3	10:02	12.0	3:29	-0.9	3:39	0.0	5:02	8:20	
10	Sat	10:43	10.5	10:57	12.1	4:26	-1.2	4:35	-0.1	5:03	8:20	
11	Sun	11:37	10.6	11:48	12.0	5:19	-1.3	5:29	-0.1	5:04	8:19	
12	Mon			12:27	10.6	6:09	-1.3	6:19	0.0	5:04	8:19	
13	Tue	12:38	11.8	1:15	10.6	6:57	-1.1	7:08	0.2	5:05	8:18	
14	Wed	1:25	11.4	2:01	10.4	7:42	-0.8	7:55	0.4	5:06	8:17	
15	Thu	2:11	11.0	2:46	10.2	8:26	-0.4	8:42	0.7	5:07	8:17	
16	Fri	2:56	10.5	3:31	10.0	9:10	0.1	9:29	1.0	5:08	8:16	
17	Sat	3:42	9.9	4:16	9.7	9:53	0.5	10:18	1.2	5:09	8:15	
18	Sun	4:30	9.4	5:02	9.6	10:38	1.0	11:10	1.4	5:10	8:15	
19	Mon	5:22	9.0	5:51	9.5	11:26	1.3			5:11	8:14	
20	Tue	6:18	8.7	6:42	9.5	12:03	1.5	12:16	1.6	5:12	8:13	
21	Wed	7:15	8.6	7:34	9.6	12:59	1.4	1:07	1.7	5:13	8:12	
22	Thu	8:11	8.6	8:24	9.8	1:53	1.3	1:59	1.7	5:14	8:11	
23	Fri	9:03	8.7	9:11	10.0	2:45	1.0	2:49	1.6	5:15	8:10	
24	Sat	9:50	9.0	9:55	10.3	3:33	0.7	3:36	1.4	5:16	8:09	
25	Sun	10:34	9.2	10:36	10.7	4:18	0.3	4:21	1.1	5:17	8:08	
26	Mon	11:14	9.6	11:17	11.0	5:01	0.0	5:05	0.8	5:18	8:07	
27	Tue	11:53	9.9	11:58	11.2	5:42	-0.4	5:48	0.5	5:19	8:06	
28	Wed			12:32	10.3	6:23	-0.6	6:33	0.2	5:20	8:05	
29	Thu	12:41	11.4	1:14	10.6	7:05	-0.8	7:19	-0.1	5:21	8:04	
30	Fri	1:26	11.4	1:58	10.9	7:49	-0.9	8:08	-0.3	5:22	8:03	
31	Sat	2:15	11.3	2:46	11.1	8:36	-0.8	9:01	-0.3	5:23	8:01	