

Rockland, ME - Aug 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	3:07	11.0	3:39	11.2	9:26	-0.6	9:58	-0.3	5:24	8:00	
2	Mon	4:05	10.6	4:36	11.2	10:20	-0.3	10:59	-0.3	5:25	7:59	
3	Tue	5:09	10.3	5:39	11.2	11:18	0.0			5:26	7:58	
4	Wed	6:19	10.0	6:46	11.2	12:04	-0.2	12:21	0.3	5:27	7:56	
5	Thu	7:30	9.9	7:52	11.3	1:11	-0.3	1:26	0.4	5:29	7:55	
6	Fri	8:35	10.0	8:54	11.5	2:16	-0.4	2:29	0.4	5:30	7:54	
7	Sat	9:35	10.2	9:52	11.6	3:17	-0.6	3:29	0.3	5:31	7:52	
8	Sun	10:30	10.3	10:45	11.6	4:13	-0.8	4:25	0.1	5:32	7:51	
9	Mon	11:20	10.5	11:35	11.6	5:04	-0.8	5:16	0.1	5:33	7:50	
10	Tue			12:07	10.5	5:51	-0.8	6:03	0.1	5:34	7:48	
11	Wed	12:21	11.3	12:51	10.5	6:34	-0.6	6:47	0.2	5:35	7:47	
12	Thu	1:04	11.0	1:32	10.3	7:15	-0.3	7:30	0.4	5:36	7:45	
13	Fri	1:45	10.6	2:11	10.1	7:54	0.1	8:11	0.6	5:38	7:44	
14	Sat	2:24	10.1	2:48	9.9	8:32	0.5	8:53	0.9	5:39	7:42	
15	Sun	3:03	9.7	3:25	9.7	9:11	0.9	9:37	1.1	5:40	7:41	
16	Mon	3:45	9.2	4:06	9.5	9:53	1.3	10:24	1.3	5:41	7:39	
17	Tue	4:31	8.9	4:51	9.4	10:38	1.6	11:16	1.4	5:42	7:38	
18	Wed	5:24	8.6	5:43	9.3	11:28	1.8			5:43	7:36	
19	Thu	6:24	8.4	6:39	9.4	12:11	1.5	12:21	1.9	5:44	7:34	
20	Fri	7:24	8.5	7:36	9.6	1:08	1.4	1:17	1.9	5:46	7:33	
21	Sat	8:20	8.7	8:30	9.9	2:03	1.1	2:11	1.7	5:47	7:31	
22	Sun	9:11	9.1	9:19	10.3	2:55	0.7	3:02	1.3	5:48	7:29	
23	Mon	9:56	9.5	10:05	10.8	3:42	0.3	3:51	0.8	5:49	7:28	
24	Tue	10:39	10.0	10:50	11.2	4:27	-0.2	4:38	0.3	5:50	7:26	
25	Wed	11:21	10.6	11:35	11.5	5:11	-0.6	5:24	-0.2	5:51	7:24	
26	Thu			12:04	11.1	5:54	-0.9	6:11	-0.7	5:53	7:23	
27	Fri	12:21	11.7	12:48	11.5	6:39	-1.1	7:00	-1.0	5:54	7:21	
28	Sat	1:09	11.7	1:34	11.7	7:25	-1.1	7:50	-1.1	5:55	7:19	
29	Sun	2:00	11.5	2:24	11.8	8:13	-0.9	8:44	-1.1	5:56	7:17	
30	Mon	2:54	11.1	3:18	11.7	9:05	-0.6	9:42	-0.9	5:57	7:16	
31	Tue	3:54	10.7	4:18	11.5	10:01	-0.2	10:44	-0.6	5:58	7:14	