

Rockland, ME - Oct 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	5:57	10.0	6:18	10.9	11:54	0.7			6:34	6:17	
2	Sat	7:03	10.0	7:24	10.7	12:39	-0.2	1:02	0.7	6:35	6:15	
3	Sun	8:04	10.1	8:25	10.7	1:43	-0.1	2:06	0.7	6:36	6:13	
4	Mon	8:59	10.3	9:20	10.6	2:41	0.0	3:04	0.5	6:38	6:11	
5	Tue	9:49	10.4	10:10	10.6	3:32	0.0	3:55	0.3	6:39	6:10	
6	Wed	10:35	10.5	10:56	10.5	4:19	0.1	4:41	0.2	6:40	6:08	
7	Thu	11:16	10.5	11:38	10.3	5:00	0.2	5:23	0.2	6:41	6:06	
8	Fri	11:54	10.5			5:38	0.4	6:01	0.2	6:42	6:04	
9	Sat	12:17	10.1	12:28	10.3	6:13	0.7	6:37	0.2	6:44	6:03	
10	Sun	12:53	9.8	12:58	10.2	6:47	0.9	7:12	0.4	6:45	6:01	
11	Mon	1:26	9.5	1:27	10.0	7:21	1.2	7:49	0.5	6:46	5:59	
12	Tue	1:58	9.3	1:59	9.9	7:56	1.4	8:27	0.7	6:47	5:57	
13	Wed	2:33	9.1	2:37	9.8	8:35	1.7	9:09	0.9	6:49	5:56	
14	Thu	3:14	8.9	3:20	9.6	9:18	1.9	9:55	1.0	6:50	5:54	
15	Fri	4:01	8.7	4:10	9.5	10:07	2.0	10:47	1.1	6:51	5:52	
16	Sat	4:54	8.7	5:05	9.5	11:01	2.0	11:42	1.0	6:52	5:51	
17	Sun	5:53	8.9	6:05	9.6			12:00	1.8	6:54	5:49	
18	Mon	6:52	9.2	7:07	9.9	12:38	0.8	1:00	1.4	6:55	5:47	
19	Tue	7:49	9.8	8:08	10.3	1:34	0.5	1:59	0.8	6:56	5:46	
20	Wed	8:42	10.5	9:05	10.7	2:28	0.1	2:55	0.0	6:57	5:44	
21	Thu	9:33	11.2	10:00	11.2	3:19	-0.4	3:48	-0.7	6:59	5:42	
22	Fri	10:22	11.9	10:53	11.5	4:09	-0.7	4:40	-1.4	7:00	5:41	
23	Sat	11:11	12.4	11:46	11.6	4:59	-1.0	5:32	-1.9	7:01	5:39	
24	Sun			12:01	12.7	5:49	-1.1	6:24	-2.1	7:03	5:38	
25	Mon	12:39	11.6	12:52	12.7	6:40	-1.0	7:17	-2.1	7:04	5:36	
26	Tue	1:33	11.4	1:46	12.5	7:32	-0.7	8:12	-1.9	7:05	5:35	
27	Wed	2:30	11.1	2:43	12.1	8:28	-0.4	9:09	-1.4	7:06	5:33	
28	Thu	3:30	10.7	3:44	11.6	9:27	0.1	10:09	-0.9	7:08	5:32	
29	Fri	4:33	10.4	4:49	11.0	10:30	0.5	11:12	-0.5	7:09	5:30	
30	Sat	5:37	10.2	5:56	10.6	11:36	0.8			7:10	5:29	
31	Sun	5:39	10.1	6:00	10.3	12:14	-0.1	11:42 AM	0.9	6:12	4:27	