

Rockland, ME - Nov 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	6:38	10.1	7:00	10.1	12:15	0.2	12:44	0.8	6:13	4:26	
2	Tue	7:31	10.3	7:55	10.0	1:11	0.3	1:41	0.7	6:14	4:25	
3	Wed	8:21	10.4	8:45	10.0	2:02	0.5	2:31	0.5	6:16	4:23	
4	Thu	9:05	10.5	9:31	9.9	2:48	0.6	3:17	0.3	6:17	4:22	
5	Fri	9:46	10.5	10:13	9.8	3:29	0.7	3:58	0.2	6:18	4:21	
6	Sat	10:24	10.5	10:53	9.7	4:07	0.9	4:36	0.2	6:20	4:19	
7	Sun	10:58	10.4	11:29	9.5	4:43	1.0	5:12	0.2	6:21	4:18	
8	Mon	11:28	10.3			5:17	1.2	5:48	0.3	6:22	4:17	
9	Tue	12:02	9.3	11:57 AM	10.2	5:52	1.4	6:23	0.3	6:24	4:16	
10	Wed	12:34	9.2	12:29	10.1	6:27	1.5	7:01	0.4	6:25	4:15	
11	Thu	1:08	9.1	1:07	10.0	7:06	1.6	7:41	0.5	6:26	4:14	
12	Fri	1:47	9.0	1:50	9.9	7:48	1.7	8:25	0.6	6:28	4:13	
13	Sat	2:32	9.0	2:38	9.8	8:36	1.8	9:13	0.7	6:29	4:12	
14	Sun	3:22	9.1	3:32	9.8	9:30	1.7	10:05	0.6	6:30	4:11	
15	Mon	4:17	9.4	4:30	9.8	10:28	1.5	11:00	0.5	6:32	4:10	
16	Tue	5:14	9.8	5:33	9.9	11:30	1.1	11:57	0.3	6:33	4:09	
17	Wed	6:13	10.3	6:38	10.2			12:31	0.5	6:34	4:08	
18	Thu	7:10	10.9	7:40	10.5	12:53	0.0	1:30	-0.2	6:36	4:07	
19	Fri	8:05	11.6	8:40	10.9	1:49	-0.3	2:27	-1.0	6:37	4:06	
20	Sat	8:59	12.2	9:36	11.2	2:43	-0.6	3:22	-1.6	6:38	4:05	
21	Sun	9:51	12.6	10:32	11.3	3:36	-0.8	4:16	-2.0	6:39	4:04	
22	Mon	10:44	12.8	11:26	11.4	4:29	-0.8	5:10	-2.2	6:41	4:04	
23	Tue	11:37	12.8			5:22	-0.8	6:03	-2.2	6:42	4:03	
24	Wed	12:20	11.2	12:31	12.5	6:15	-0.6	6:56	-1.9	6:43	4:02	
25	Thu	1:16	11.0	1:26	12.1	7:11	-0.3	7:51	-1.4	6:44	4:02	
26	Fri	2:13	10.7	2:24	11.5	8:08	0.1	8:47	-0.9	6:46	4:01	
27	Sat	3:11	10.4	3:25	10.9	9:07	0.5	9:44	-0.4	6:47	4:01	
28	Sun	4:10	10.2	4:27	10.3	10:09	0.8	10:41	0.1	6:48	4:00	
29	Mon	5:08	10.1	5:28	9.9	11:12	1.0	11:38	0.5	6:49	4:00	
30	Tue	6:04	10.0	6:27	9.6			12:13	1.0	6:50	3:59	