

Rockland, ME - Jan 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	2:58	9.5	3:10	9.7	9:11	1.4	9:36	0.6	7:11	4:08	
2	Mon	3:47	9.8	4:05	9.6	10:05	1.2	10:28	0.7	7:11	4:09	
3	Tue	4:41	10.0	5:05	9.6	11:05	0.9	11:24	0.6	7:11	4:10	
4	Wed	5:38	10.4	6:10	9.7			12:06	0.5	7:11	4:11	
5	Thu	6:39	10.9	7:17	9.9	12:23	0.5	1:08	-0.1	7:11	4:12	
6	Fri	7:39	11.5	8:21	10.3	1:22	0.2	2:08	-0.7	7:11	4:13	
7	Sat	8:37	12.0	9:20	10.7	2:20	-0.1	3:06	-1.3	7:11	4:14	
8	Sun	9:34	12.5	10:17	11.1	3:17	-0.4	4:01	-1.8	7:10	4:15	
9	Mon	10:29	12.8	11:11	11.4	4:13	-0.7	4:55	-2.1	7:10	4:16	
10	Tue	11:24	12.8			5:07	-0.9	5:47	-2.2	7:10	4:17	
11	Wed	12:05	11.5	12:17	12.7	6:02	-0.9	6:39	-2.0	7:10	4:18	
12	Thu	12:58	11.5	1:12	12.3	6:56	-0.8	7:31	-1.7	7:09	4:19	
13	Fri	1:51	11.3	2:07	11.7	7:51	-0.5	8:23	-1.1	7:09	4:21	
14	Sat	2:45	11.1	3:04	11.0	8:48	-0.1	9:16	-0.5	7:08	4:22	
15	Sun	3:41	10.8	4:03	10.3	9:47	0.3	10:11	0.1	7:08	4:23	
16	Mon	4:38	10.5	5:04	9.8	10:47	0.6	11:07	0.6	7:07	4:24	
17	Tue	5:35	10.3	6:05	9.4	11:48	0.8			7:07	4:26	
18	Wed	6:31	10.2	7:03	9.2	12:04	1.0	12:47	0.8	7:06	4:27	
19	Thu	7:24	10.2	7:57	9.1	12:59	1.2	1:43	0.8	7:05	4:28	
20	Fri	8:14	10.2	8:48	9.1	1:51	1.4	2:33	0.6	7:05	4:29	
21	Sat	9:01	10.3	9:34	9.2	2:39	1.4	3:19	0.5	7:04	4:31	
22	Sun	9:43	10.4	10:16	9.3	3:23	1.3	4:00	0.4	7:03	4:32	
23	Mon	10:22	10.5	10:55	9.4	4:03	1.2	4:39	0.2	7:02	4:33	
24	Tue	10:57	10.5	11:30	9.5	4:41	1.1	5:15	0.2	7:02	4:35	
25	Wed	11:29	10.5			5:18	1.1	5:49	0.1	7:01	4:36	
26	Thu	12:01	9.6	12:00	10.5	5:54	1.0	6:23	0.1	7:00	4:37	
27	Fri	12:31	9.7	12:34	10.4	6:31	0.9	6:59	0.1	6:59	4:39	
28	Sat	1:04	9.8	1:12	10.3	7:11	0.9	7:37	0.2	6:58	4:40	
29	Sun	1:42	10.0	1:56	10.2	7:54	0.8	8:18	0.3	6:57	4:41	
30	Mon	2:26	10.1	2:45	10.0	8:43	0.7	9:05	0.4	6:56	4:43	
31	Tue	3:14	10.3	3:39	9.8	9:37	0.6	9:57	0.6	6:55	4:44	