

Rockland, ME - Mar 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	2:49	10.8	3:21	10.0	9:16	0.0	9:35	0.5	6:13	5:24	
2	Thu	3:46	10.8	4:25	9.8	10:17	0.1	10:36	0.7	6:11	5:25	
3	Fri	4:49	10.8	5:37	9.7	11:23	0.0	11:41	0.7	6:10	5:26	
4	Sat	6:00	10.9	6:49	9.9			12:30	-0.3	6:08	5:28	
5	Sun	7:10	11.2	7:56	10.3	12:49	0.5	1:35	-0.6	6:06	5:29	
6	Mon	8:15	11.6	8:55	10.8	1:53	0.1	2:35	-1.0	6:04	5:30	
7	Tue	9:14	11.9	9:49	11.2	2:53	-0.3	3:30	-1.2	6:03	5:31	
8	Wed	10:08	12.1	10:39	11.5	3:49	-0.7	4:22	-1.4	6:01	5:33	
9	Thu	10:59	12.0	11:27	11.6	4:41	-1.0	5:10	-1.3	5:59	5:34	
10	Fri	11:48	11.8			5:31	-1.0	5:56	-1.1	5:57	5:35	
11	Sat	12:13	11.5	12:35	11.4	6:19	-0.9	6:41	-0.7	5:55	5:37	
12	Sun	12:58	11.3	1:22	10.9	7:05	-0.6	7:25	-0.1	5:54	5:38	
13	Mon	1:42	10.9	2:09	10.3	7:52	-0.2	8:09	0.4	5:52	5:39	
14	Tue	2:27	10.5	2:58	9.7	8:40	0.3	8:56	1.0	5:50	5:40	
15	Wed	3:14	10.0	3:50	9.2	9:31	0.7	9:45	1.5	5:48	5:42	
16	Thu	4:06	9.7	4:47	8.8	10:25	1.1	10:39	1.8	5:46	5:43	
17	Fri	5:02	9.4	5:46	8.6	11:21	1.3	11:36	2.0	5:45	5:44	
18	Sat	6:01	9.3	6:43	8.7			12:19	1.3	5:43	5:45	
19	Sun	6:57	9.4	7:36	8.9	12:33	1.9	1:13	1.2	5:41	5:47	
20	Mon	7:49	9.6	8:24	9.1	1:27	1.7	2:03	1.0	5:39	5:48	
21	Tue	8:36	9.9	9:06	9.5	2:16	1.4	2:48	0.7	5:37	5:49	
22	Wed	9:19	10.1	9:45	9.8	3:01	1.0	3:29	0.4	5:35	5:50	
23	Thu	9:58	10.4	10:20	10.2	3:43	0.6	4:07	0.2	5:34	5:51	
24	Fri	10:34	10.6	10:53	10.5	4:23	0.3	4:44	0.0	5:32	5:53	
25	Sat	11:11	10.7	11:28	10.9	5:03	-0.1	5:22	-0.1	5:30	5:54	
26	Sun	11:51	10.8			5:44	-0.4	6:02	-0.1	5:28	5:55	
27	Mon	12:07	11.1	12:34	10.8	6:27	-0.6	6:44	-0.1	5:26	5:56	
28	Tue	12:50	11.3	1:21	10.6	7:14	-0.7	7:31	0.1	5:25	5:58	
29	Wed	1:37	11.3	2:13	10.4	8:05	-0.6	8:22	0.3	5:23	5:59	
30	Thu	2:30	11.2	3:12	10.1	9:01	-0.5	9:19	0.5	5:21	6:00	
31	Fri	3:30	11.0	4:18	10.0	10:03	-0.4	10:23	0.6	5:19	6:01	