

Rockland, ME - Jan 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	12:16	11.2	12:26	12.6	6:14	-0.6	6:53	-2.0	7:11	4:08	
2	Tue	1:10	11.3	1:22	12.3	7:10	-0.6	7:47	-1.8	7:11	4:09	
3	Wed	2:06	11.3	2:20	11.8	8:07	-0.5	8:42	-1.4	7:11	4:10	
4	Thu	3:04	11.2	3:23	11.3	9:08	-0.2	9:40	-0.9	7:11	4:11	
5	Fri	4:05	11.1	4:28	10.7	10:12	0.0	10:39	-0.4	7:11	4:12	
6	Sat	5:07	11.0	5:34	10.3	11:17	0.1	11:40	0.0	7:11	4:13	
7	Sun	6:07	11.0	6:38	10.0			12:22	0.1	7:11	4:14	
8	Mon	7:06	11.0	7:38	9.8	12:40	0.3	1:23	0.1	7:10	4:15	
9	Tue	8:00	11.0	8:34	9.7	1:37	0.6	2:20	0.0	7:10	4:16	
10	Wed	8:51	11.0	9:25	9.7	2:30	0.7	3:11	-0.1	7:10	4:17	
11	Thu	9:38	10.9	10:12	9.7	3:19	0.9	3:58	-0.1	7:10	4:18	
12	Fri	10:22	10.8	10:55	9.6	4:03	1.0	4:40	-0.1	7:09	4:19	
13	Sat	11:01	10.7	11:35	9.5	4:44	1.0	5:19	0.0	7:09	4:20	
14	Sun	11:37	10.5			5:21	1.1	5:55	0.1	7:08	4:22	
15	Mon	12:12	9.4	12:10	10.4	5:58	1.2	6:30	0.2	7:08	4:23	
16	Tue	12:45	9.4	12:41	10.2	6:34	1.3	7:04	0.4	7:07	4:24	
17	Wed	1:16	9.3	1:14	10.0	7:12	1.4	7:40	0.5	7:07	4:25	
18	Thu	1:48	9.3	1:52	9.8	7:52	1.4	8:18	0.7	7:06	4:26	
19	Fri	2:25	9.4	2:34	9.6	8:35	1.5	8:59	0.9	7:06	4:28	
20	Sat	3:07	9.4	3:22	9.3	9:23	1.5	9:45	1.1	7:05	4:29	
21	Sun	3:54	9.6	4:15	9.2	10:16	1.4	10:35	1.2	7:04	4:30	
22	Mon	4:46	9.8	5:14	9.1	11:14	1.1	11:29	1.1	7:03	4:32	
23	Tue	5:42	10.1	6:17	9.2			12:14	0.8	7:03	4:33	
24	Wed	6:41	10.5	7:22	9.5	12:27	1.0	1:13	0.2	7:02	4:34	
25	Thu	7:40	11.1	8:23	9.9	1:25	0.7	2:11	-0.4	7:01	4:36	
26	Fri	8:37	11.7	9:20	10.4	2:22	0.3	3:07	-1.0	7:00	4:37	
27	Sat	9:33	12.2	10:15	10.9	3:18	-0.2	4:00	-1.6	6:59	4:38	
28	Sun	10:27	12.6	11:07	11.4	4:12	-0.6	4:53	-2.0	6:58	4:40	
29	Mon	11:21	12.8	11:59	11.6	5:06	-1.0	5:44	-2.1	6:57	4:41	
30	Tue			12:14	12.7	6:00	-1.1	6:35	-2.1	6:56	4:42	
31	Wed	12:52	11.8	1:09	12.4	6:54	-1.1	7:27	-1.8	6:55	4:44	