

Rockland, ME - Jul 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	4:03	9.4	4:45	9.1	10:29	0.9	10:51	1.8	4:56	8:23	
2	Mon	4:51	9.2	5:31	9.2	11:15	1.1	11:43	1.7	4:57	8:23	
3	Tue	5:43	9.0	6:20	9.4			12:03	1.2	4:57	8:23	
4	Wed	6:39	8.9	7:09	9.7	12:38	1.5	12:53	1.3	4:58	8:22	
5	Thu	7:37	9.0	7:59	10.1	1:32	1.2	1:43	1.2	4:59	8:22	
6	Fri	8:33	9.2	8:49	10.5	2:25	0.7	2:34	1.0	4:59	8:22	
7	Sat	9:26	9.5	9:38	11.0	3:17	0.2	3:24	0.8	5:00	8:21	
8	Sun	10:18	9.9	10:27	11.5	4:07	-0.3	4:14	0.4	5:01	8:21	
9	Mon	11:08	10.3	11:16	11.9	4:57	-0.9	5:05	0.1	5:01	8:21	
10	Tue	11:58	10.6			5:46	-1.3	5:55	-0.2	5:02	8:20	
11	Wed	12:07	12.2	12:48	10.9	6:36	-1.6	6:47	-0.4	5:03	8:20	
12	Thu	12:58	12.3	1:40	11.1	7:26	-1.7	7:41	-0.5	5:04	8:19	
13	Fri	1:52	12.2	2:34	11.3	8:18	-1.7	8:37	-0.5	5:05	8:19	
14	Sat	2:49	12.0	3:30	11.3	9:12	-1.5	9:36	-0.4	5:05	8:18	
15	Sun	3:48	11.5	4:29	11.3	10:07	-1.1	10:38	-0.3	5:06	8:17	
16	Mon	4:52	11.0	5:31	11.2	11:05	-0.7	11:42	-0.2	5:07	8:17	
17	Tue	5:58	10.6	6:32	11.2			12:05	-0.2	5:08	8:16	
18	Wed	7:04	10.2	7:33	11.2	12:47	-0.1	1:06	0.1	5:09	8:15	
19	Thu	8:07	10.0	8:31	11.2	1:50	-0.1	2:06	0.4	5:10	8:14	
20	Fri	9:06	9.9	9:25	11.1	2:50	-0.2	3:02	0.6	5:11	8:13	
21	Sat	10:01	9.8	10:16	11.1	3:46	-0.2	3:55	0.7	5:12	8:13	
22	Sun	10:51	9.8	11:02	11.0	4:36	-0.2	4:43	0.8	5:13	8:12	
23	Mon	11:37	9.8	11:46	10.9	5:22	-0.2	5:27	0.9	5:14	8:11	
24	Tue			12:20	9.7	6:03	-0.1	6:08	1.0	5:15	8:10	
25	Wed	12:25	10.7	12:59	9.6	6:42	0.0	6:46	1.1	5:16	8:09	
26	Thu	1:02	10.5	1:35	9.5	7:18	0.2	7:24	1.2	5:17	8:08	
27	Fri	1:35	10.2	2:09	9.4	7:53	0.4	8:01	1.3	5:18	8:07	
28	Sat	2:07	10.0	2:41	9.4	8:29	0.5	8:41	1.4	5:19	8:06	
29	Sun	2:43	9.8	3:15	9.4	9:06	0.8	9:23	1.4	5:20	8:05	
30	Mon	3:22	9.5	3:53	9.4	9:46	1.0	10:09	1.5	5:21	8:03	
31	Tue	4:07	9.3	4:37	9.5	10:29	1.2	10:59	1.4	5:22	8:02	