

Rockland, ME - Aug 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	4:58	9.1	5:26	9.6	11:16	1.3	11:53	1.3	5:23	8:01	
2	Thu	5:53	9.0	6:20	9.8			12:08	1.3	5:24	8:00	
3	Fri	6:53	9.0	7:16	10.2	12:51	1.0	1:03	1.3	5:26	7:59	
4	Sat	7:55	9.2	8:13	10.6	1:49	0.6	1:59	1.0	5:27	7:57	
5	Sun	8:55	9.6	9:10	11.2	2:45	0.1	2:55	0.7	5:28	7:56	
6	Mon	9:52	10.1	10:05	11.7	3:40	-0.5	3:50	0.2	5:29	7:55	
7	Tue	10:46	10.6	10:58	12.2	4:33	-1.1	4:44	-0.3	5:30	7:53	
8	Wed	11:38	11.1	11:51	12.5	5:25	-1.6	5:38	-0.7	5:31	7:52	
9	Thu			12:29	11.5	6:15	-1.8	6:31	-1.0	5:32	7:51	
10	Fri	12:45	12.6	1:21	11.7	7:06	-1.9	7:25	-1.2	5:33	7:49	
11	Sat	1:39	12.4	2:13	11.8	7:57	-1.8	8:20	-1.1	5:35	7:48	
12	Sun	2:35	12.0	3:08	11.7	8:50	-1.4	9:18	-0.9	5:36	7:46	
13	Mon	3:33	11.5	4:05	11.5	9:45	-0.9	10:18	-0.6	5:37	7:45	
14	Tue	4:35	10.9	5:06	11.3	10:42	-0.4	11:21	-0.3	5:38	7:43	
15	Wed	5:40	10.3	6:08	11.0	11:42	0.2			5:39	7:42	
16	Thu	6:45	9.9	7:09	10.8	12:25	0.0	12:43	0.6	5:40	7:40	
17	Fri	7:47	9.7	8:08	10.7	1:29	0.1	1:45	0.8	5:41	7:39	
18	Sat	8:45	9.6	9:04	10.7	2:29	0.2	2:42	1.0	5:43	7:37	
19	Sun	9:39	9.6	9:54	10.7	3:24	0.1	3:35	1.0	5:44	7:35	
20	Mon	10:28	9.7	10:41	10.6	4:13	0.1	4:23	1.0	5:45	7:34	
21	Tue	11:12	9.7	11:23	10.6	4:57	0.1	5:05	0.9	5:46	7:32	
22	Wed	11:52	9.7			5:37	0.2	5:44	0.9	5:47	7:31	
23	Thu	12:02	10.5	12:29	9.7	6:13	0.2	6:21	0.9	5:48	7:29	
24	Fri	12:36	10.3	1:02	9.7	6:47	0.3	6:56	0.9	5:49	7:27	
25	Sat	1:08	10.2	1:31	9.7	7:20	0.5	7:32	0.9	5:51	7:26	
26	Sun	1:38	10.0	1:59	9.7	7:54	0.6	8:09	1.0	5:52	7:24	
27	Mon	2:11	9.8	2:32	9.7	8:29	0.8	8:49	1.0	5:53	7:22	
28	Tue	2:49	9.6	3:11	9.7	9:07	1.0	9:32	1.0	5:54	7:20	
29	Wed	3:33	9.4	3:55	9.7	9:49	1.2	10:21	1.1	5:55	7:19	
30	Thu	4:23	9.2	4:45	9.8	10:37	1.4	11:16	1.0	5:56	7:17	
31	Fri	5:19	9.1	5:41	10.0	11:32	1.4			5:57	7:15	