

Rockland, ME - Nov 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	7:53	11.2	8:19	11.3	1:32	-0.6	2:02	-0.5	6:12	4:27	
2	Fri	8:48	11.7	9:16	11.5	2:28	-0.9	2:59	-1.1	6:13	4:26	
3	Sat	9:39	12.2	10:10	11.6	3:21	-1.0	3:53	-1.5	6:15	4:24	
4	Sun	10:29	12.4	11:02	11.5	4:11	-1.0	4:45	-1.7	6:16	4:23	
5	Mon	11:17	12.3	11:53	11.3	5:01	-0.8	5:35	-1.7	6:17	4:22	
6	Tue			12:05	12.1	5:49	-0.5	6:25	-1.5	6:19	4:20	
7	Wed	12:44	10.9	12:54	11.7	6:38	0.0	7:15	-1.0	6:20	4:19	
8	Thu	1:35	10.4	1:43	11.1	7:28	0.5	8:05	-0.5	6:21	4:18	
9	Fri	2:28	9.9	2:34	10.5	8:19	1.0	8:57	0.0	6:23	4:17	
10	Sat	3:22	9.5	3:29	10.0	9:13	1.4	9:50	0.5	6:24	4:16	
11	Sun	4:18	9.3	4:27	9.6	10:09	1.7	10:45	0.8	6:25	4:14	
12	Mon	5:14	9.2	5:26	9.4	11:08	1.8	11:40	1.0	6:27	4:13	
13	Tue	6:08	9.2	6:23	9.3			12:05	1.8	6:28	4:12	
14	Wed	6:58	9.4	7:16	9.3	12:32	1.1	12:59	1.5	6:29	4:11	
15	Thu	7:45	9.6	8:05	9.4	1:21	1.0	1:49	1.2	6:31	4:10	
16	Fri	8:28	9.9	8:50	9.5	2:05	1.0	2:34	0.9	6:32	4:09	
17	Sat	9:07	10.2	9:31	9.6	2:47	0.9	3:16	0.5	6:33	4:08	
18	Sun	9:42	10.4	10:10	9.7	3:26	0.8	3:56	0.2	6:35	4:07	
19	Mon	10:15	10.6	10:46	9.8	4:04	0.8	4:35	-0.1	6:36	4:07	
20	Tue	10:48	10.8	11:22	9.9	4:41	0.7	5:13	-0.3	6:37	4:06	
21	Wed	11:25	11.0			5:20	0.7	5:54	-0.4	6:38	4:05	
22	Thu	12:01	9.9	12:05	11.1	6:01	0.7	6:37	-0.5	6:40	4:04	
23	Fri	12:44	9.9	12:50	11.1	6:45	0.7	7:23	-0.6	6:41	4:04	
24	Sat	1:32	10.0	1:40	11.0	7:35	0.8	8:14	-0.5	6:42	4:03	
25	Sun	2:25	10.0	2:35	10.9	8:30	0.8	9:09	-0.4	6:43	4:02	
26	Mon	3:24	10.0	3:36	10.7	9:30	0.8	10:08	-0.4	6:45	4:02	
27	Tue	4:28	10.2	4:44	10.6	10:35	0.7	11:10	-0.3	6:46	4:01	
28	Wed	5:33	10.5	5:55	10.5	11:42	0.4			6:47	4:01	
29	Thu	6:37	10.9	7:03	10.6	12:11	-0.4	12:47	-0.1	6:48	4:00	
30	Fri	7:36	11.4	8:06	10.8	1:11	-0.4	1:49	-0.6	6:49	4:00	