

Rockland, ME - Jan 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	9:59	11.7	10:36	10.3	3:38	0.2	4:19	-0.9	7:11	4:08	
2	Wed	10:46	11.6	11:23	10.2	4:27	0.3	5:06	-0.8	7:11	4:08	
3	Thu	11:30	11.3			5:12	0.5	5:50	-0.6	7:11	4:09	
4	Fri	12:07	10.0	12:12	11.0	5:56	0.8	6:31	-0.4	7:11	4:10	
5	Sat	12:50	9.8	12:51	10.6	6:37	1.0	7:11	0.0	7:11	4:11	
6	Sun	1:31	9.5	1:30	10.3	7:19	1.3	7:51	0.3	7:11	4:12	
7	Mon	2:11	9.4	2:09	9.9	8:02	1.5	8:32	0.6	7:11	4:13	
8	Tue	2:51	9.2	2:51	9.5	8:47	1.6	9:15	0.9	7:10	4:14	
9	Wed	3:33	9.1	3:38	9.2	9:36	1.8	10:00	1.2	7:10	4:15	
10	Thu	4:19	9.1	4:31	8.9	10:28	1.8	10:48	1.4	7:10	4:17	
11	Fri	5:08	9.2	5:28	8.7	11:23	1.7	11:39	1.5	7:10	4:18	
12	Sat	5:59	9.4	6:28	8.7			12:19	1.5	7:09	4:19	
13	Sun	6:50	9.7	7:24	8.9	12:30	1.5	1:13	1.1	7:09	4:20	
14	Mon	7:39	10.1	8:17	9.1	1:21	1.4	2:05	0.6	7:08	4:21	
15	Tue	8:26	10.6	9:06	9.5	2:11	1.2	2:54	0.1	7:08	4:22	
16	Wed	9:12	11.1	9:53	9.9	2:59	0.8	3:41	-0.4	7:07	4:24	
17	Thu	9:59	11.5	10:39	10.3	3:47	0.5	4:28	-0.9	7:07	4:25	
18	Fri	10:45	11.9	11:26	10.6	4:35	0.1	5:14	-1.3	7:06	4:26	
19	Sat	11:34	12.2			5:23	-0.2	6:02	-1.6	7:06	4:27	
20	Sun	12:14	10.9	12:24	12.2	6:14	-0.4	6:50	-1.6	7:05	4:29	
21	Mon	1:03	11.1	1:16	12.0	7:06	-0.5	7:41	-1.5	7:04	4:30	
22	Tue	1:56	11.2	2:12	11.7	8:02	-0.5	8:34	-1.2	7:04	4:31	
23	Wed	2:52	11.2	3:12	11.2	9:01	-0.4	9:30	-0.8	7:03	4:33	
24	Thu	3:51	11.2	4:18	10.7	10:04	-0.2	10:29	-0.3	7:02	4:34	
25	Fri	4:54	11.1	5:27	10.2	11:10	-0.1	11:31	0.1	7:01	4:35	
26	Sat	5:58	11.1	6:35	10.0			12:16	-0.1	7:00	4:37	
27	Sun	7:00	11.1	7:38	9.9	12:34	0.4	1:21	-0.2	6:59	4:38	
28	Mon	7:59	11.2	8:36	9.9	1:34	0.5	2:20	-0.3	6:58	4:39	
29	Tue	8:53	11.2	9:30	9.9	2:32	0.6	3:14	-0.4	6:57	4:41	
30	Wed	9:43	11.2	10:19	10.0	3:24	0.6	4:04	-0.4	6:56	4:42	
31	Thu	10:30	11.1	11:04	9.9	4:11	0.7	4:48	-0.4	6:55	4:43	