

Rockland, ME - Mar 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	10:51	10.6	11:18	9.9	4:34	0.8	5:03	0.1	6:12	5:24	
2	Sun	11:29	10.5	11:53	9.9	5:12	0.7	5:38	0.2	6:10	5:26	
3	Mon			12:02	10.3	5:48	0.7	6:11	0.4	6:09	5:27	
4	Tue	12:24	9.8	12:33	10.1	6:23	0.8	6:43	0.6	6:07	5:28	
5	Wed	12:52	9.8	1:04	9.8	6:59	0.8	7:17	0.8	6:05	5:30	
6	Thu	1:21	9.7	1:38	9.6	7:36	0.9	7:53	1.1	6:03	5:31	
7	Fri	1:56	9.7	2:18	9.3	8:17	1.0	8:32	1.3	6:02	5:32	
8	Sat	2:37	9.6	3:04	9.1	9:03	1.1	9:17	1.5	6:00	5:33	
9	Sun	3:23	9.6	3:57	8.9	9:54	1.1	10:08	1.7	5:58	5:35	
10	Mon	4:16	9.7	4:56	8.8	10:51	1.0	11:06	1.7	5:56	5:36	
11	Tue	5:15	9.8	6:00	9.0	11:52	0.8			5:55	5:37	
12	Wed	6:17	10.2	7:06	9.4	12:07	1.5	12:53	0.4	5:53	5:38	
13	Thu	7:21	10.7	8:06	9.9	1:08	1.0	1:51	-0.1	5:51	5:40	
14	Fri	8:21	11.3	9:01	10.6	2:06	0.4	2:46	-0.7	5:49	5:41	
15	Sat	9:17	11.8	9:52	11.2	3:02	-0.2	3:38	-1.2	5:47	5:42	
16	Sun	10:11	12.2	10:42	11.8	3:56	-0.9	4:28	-1.6	5:46	5:43	
17	Mon	11:04	12.4	11:32	12.2	4:49	-1.4	5:18	-1.8	5:44	5:45	
18	Tue	11:56	12.4			5:42	-1.7	6:08	-1.7	5:42	5:46	
19	Wed	12:21	12.3	12:49	12.1	6:35	-1.8	6:58	-1.4	5:40	5:47	
20	Thu	1:13	12.2	1:45	11.6	7:29	-1.6	7:50	-0.9	5:38	5:48	
21	Fri	2:07	11.9	2:43	11.0	8:25	-1.2	8:45	-0.3	5:36	5:50	
22	Sat	3:04	11.5	3:46	10.4	9:25	-0.7	9:44	0.4	5:35	5:51	
23	Sun	4:06	11.0	4:50	9.9	10:27	-0.2	10:47	0.8	5:33	5:52	
24	Mon	5:11	10.6	5:55	9.6	11:32	0.1	11:52	1.1	5:31	5:53	
25	Tue	6:15	10.4	6:56	9.5			12:35	0.3	5:29	5:55	
26	Wed	7:15	10.3	7:52	9.6	12:55	1.2	1:34	0.4	5:27	5:56	
27	Thu	8:09	10.2	8:42	9.7	1:52	1.2	2:26	0.4	5:25	5:57	
28	Fri	8:59	10.3	9:28	9.8	2:43	1.0	3:13	0.4	5:24	5:58	
29	Sat	9:44	10.3	10:09	9.9	3:29	0.9	3:54	0.4	5:22	5:59	
30	Sun	10:25	10.2	10:47	10.0	4:09	0.7	4:31	0.5	5:20	6:01	
31	Mon	11:03	10.2	11:20	10.0	4:47	0.6	5:05	0.6	5:18	6:02	