

Rockland, ME - Jul 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	1:14	11.4	1:56	10.2	7:46	-0.8	7:57	0.5	4:57	8:23	
2	Wed	2:03	11.4	2:45	10.4	8:34	-0.9	8:49	0.4	4:57	8:23	
3	Thu	2:54	11.2	3:38	10.5	9:24	-0.8	9:45	0.3	4:58	8:22	
4	Fri	3:51	11.0	4:35	10.7	10:18	-0.7	10:45	0.2	4:58	8:22	
5	Sat	4:52	10.7	5:35	10.9	11:14	-0.5	11:49	0.1	4:59	8:22	
6	Sun	5:59	10.5	6:38	11.1			12:14	-0.3	5:00	8:22	
7	Mon	7:08	10.3	7:40	11.3	12:54	-0.1	1:14	-0.1	5:00	8:21	
8	Tue	8:15	10.3	8:40	11.6	1:58	-0.4	2:14	0.0	5:01	8:21	
9	Wed	9:17	10.3	9:36	11.8	3:00	-0.7	3:13	0.0	5:02	8:20	
10	Thu	10:15	10.4	10:30	11.8	3:58	-0.9	4:08	0.1	5:03	8:20	
11	Fri	11:09	10.4	11:21	11.8	4:51	-1.0	5:01	0.1	5:04	8:19	
12	Sat	11:59	10.4			5:42	-1.0	5:50	0.3	5:04	8:19	
13	Sun	12:09	11.6	12:47	10.2	6:29	-0.9	6:37	0.5	5:05	8:18	
14	Mon	12:55	11.4	1:33	10.1	7:14	-0.7	7:22	0.7	5:06	8:17	
15	Tue	1:38	11.0	2:16	9.9	7:57	-0.3	8:06	0.9	5:07	8:17	
16	Wed	2:20	10.6	2:59	9.7	8:39	0.0	8:50	1.2	5:08	8:16	
17	Thu	3:02	10.1	3:41	9.5	9:20	0.4	9:36	1.4	5:09	8:15	
18	Fri	3:45	9.7	4:24	9.4	10:03	0.7	10:24	1.5	5:10	8:15	
19	Sat	4:31	9.3	5:08	9.3	10:47	1.1	11:14	1.6	5:11	8:14	
20	Sun	5:22	9.0	5:56	9.3	11:34	1.3			5:12	8:13	
21	Mon	6:17	8.8	6:46	9.4	12:08	1.6	12:23	1.5	5:13	8:12	
22	Tue	7:14	8.7	7:36	9.6	1:02	1.5	1:14	1.6	5:14	8:11	
23	Wed	8:10	8.7	8:24	9.9	1:56	1.2	2:05	1.6	5:15	8:10	
24	Thu	9:03	8.9	9:11	10.2	2:48	0.9	2:54	1.4	5:16	8:09	
25	Fri	9:51	9.2	9:56	10.6	3:37	0.5	3:42	1.2	5:17	8:08	
26	Sat	10:36	9.5	10:41	11.0	4:23	0.0	4:28	0.8	5:18	8:07	
27	Sun	11:20	9.9	11:25	11.4	5:09	-0.4	5:14	0.5	5:19	8:06	
28	Mon			12:04	10.2	5:53	-0.8	6:01	0.2	5:20	8:05	
29	Tue	12:11	11.7	12:49	10.6	6:38	-1.1	6:49	-0.1	5:21	8:04	
30	Wed	12:58	11.9	1:36	10.9	7:25	-1.2	7:40	-0.3	5:22	8:03	
31	Thu	1:48	11.8	2:25	11.1	8:13	-1.2	8:33	-0.4	5:23	8:01	