

Rockland, ME - Nov 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	6:03	9.7	6:20	10.0			12:03	1.2	6:13	4:26	
2	Sun	6:59	9.8	7:17	9.9	12:36	0.4	1:02	1.1	6:14	4:25	
3	Mon	7:50	9.9	8:09	9.9	1:30	0.5	1:56	1.0	6:16	4:23	
4	Tue	8:36	10.1	8:57	9.9	2:18	0.6	2:43	0.8	6:17	4:22	
5	Wed	9:19	10.2	9:40	9.9	3:00	0.6	3:26	0.6	6:18	4:21	
6	Thu	9:57	10.3	10:21	9.8	3:39	0.7	4:05	0.4	6:20	4:19	
7	Fri	10:32	10.3	10:58	9.7	4:15	0.8	4:42	0.3	6:21	4:18	
8	Sat	11:02	10.3	11:32	9.6	4:50	1.0	5:17	0.2	6:22	4:17	
9	Sun	11:31	10.3			5:24	1.1	5:53	0.2	6:24	4:16	
10	Mon	12:03	9.4	12:01	10.3	5:58	1.3	6:29	0.3	6:25	4:15	
11	Tue	12:36	9.3	12:36	10.2	6:34	1.4	7:08	0.3	6:26	4:14	
12	Wed	1:13	9.2	1:16	10.2	7:14	1.5	7:50	0.4	6:28	4:13	
13	Thu	1:57	9.2	2:02	10.1	7:59	1.6	8:38	0.4	6:29	4:12	
14	Fri	2:46	9.2	2:54	10.0	8:50	1.7	9:30	0.4	6:30	4:11	
15	Sat	3:41	9.3	3:51	10.0	9:48	1.6	10:27	0.3	6:32	4:10	
16	Sun	4:41	9.5	4:54	10.1	10:50	1.3	11:26	0.2	6:33	4:09	
17	Mon	5:43	10.0	6:01	10.3	11:54	0.8			6:34	4:08	
18	Tue	6:44	10.5	7:07	10.6	12:25	-0.1	12:57	0.2	6:36	4:07	
19	Wed	7:41	11.2	8:09	11.0	1:22	-0.4	1:57	-0.5	6:37	4:06	
20	Thu	8:36	11.8	9:08	11.3	2:18	-0.7	2:53	-1.2	6:38	4:05	
21	Fri	9:28	12.4	10:04	11.5	3:11	-0.9	3:48	-1.7	6:39	4:04	
22	Sat	10:20	12.7	10:58	11.5	4:03	-1.0	4:41	-2.0	6:41	4:04	
23	Sun	11:11	12.7	11:51	11.3	4:55	-0.9	5:34	-2.1	6:42	4:03	
24	Mon			12:02	12.5	5:47	-0.6	6:26	-1.9	6:43	4:02	
25	Tue	12:45	11.1	12:54	12.1	6:39	-0.3	7:19	-1.5	6:44	4:02	
26	Wed	1:40	10.7	1:48	11.6	7:33	0.2	8:13	-1.0	6:46	4:01	
27	Thu	2:36	10.3	2:45	11.0	8:28	0.7	9:08	-0.5	6:47	4:01	
28	Fri	3:33	10.0	3:44	10.4	9:27	1.1	10:04	0.0	6:48	4:00	
29	Sat	4:31	9.7	4:45	9.9	10:27	1.3	11:01	0.5	6:49	4:00	
30	Sun	5:28	9.6	5:44	9.6	11:28	1.5	11:56	0.7	6:50	3:59	