

Rockland, ME - Jan 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	5:19	9.1	5:45	8.4	11:35	1.8	11:45	1.9	7:11	4:08	
2	Mon	6:08	9.3	6:43	8.4			12:31	1.6	7:11	4:09	
3	Tue	6:57	9.5	7:39	8.4	12:36	1.9	1:24	1.2	7:11	4:10	
4	Wed	7:45	9.9	8:30	8.6	1:26	1.9	2:15	0.8	7:11	4:11	
5	Thu	8:31	10.2	9:18	8.9	2:15	1.7	3:03	0.4	7:11	4:12	
6	Fri	9:16	10.7	10:03	9.2	3:02	1.5	3:49	-0.1	7:11	4:13	
7	Sat	10:01	11.1	10:46	9.6	3:49	1.2	4:34	-0.5	7:11	4:14	
8	Sun	10:46	11.5	11:30	9.9	4:35	0.8	5:18	-0.8	7:10	4:15	
9	Mon	11:32	11.7			5:22	0.5	6:03	-1.1	7:10	4:16	
10	Tue	12:15	10.3	12:20	11.8	6:10	0.2	6:49	-1.2	7:10	4:17	
11	Wed	1:01	10.5	1:11	11.6	7:02	0.0	7:37	-1.1	7:09	4:19	
12	Thu	1:51	10.8	2:04	11.3	7:56	0.0	8:27	-0.8	7:09	4:20	
13	Fri	2:43	10.9	3:02	10.8	8:54	0.0	9:20	-0.4	7:09	4:21	
14	Sat	3:39	11.0	4:06	10.3	9:55	0.0	10:16	0.0	7:08	4:22	
15	Sun	4:39	11.0	5:14	9.8	11:00	0.0	11:16	0.5	7:08	4:23	
16	Mon	5:42	11.0	6:24	9.5			12:07	0.0	7:07	4:25	
17	Tue	6:46	11.0	7:31	9.4	12:19	0.8	1:13	-0.1	7:06	4:26	
18	Wed	7:47	11.1	8:32	9.4	1:22	1.0	2:15	-0.2	7:06	4:27	
19	Thu	8:45	11.2	9:28	9.5	2:22	1.0	3:12	-0.3	7:05	4:28	
20	Fri	9:38	11.2	10:19	9.6	3:17	1.0	4:04	-0.4	7:04	4:30	
21	Sat	10:27	11.1	11:05	9.6	4:08	1.0	4:50	-0.4	7:04	4:31	
22	Sun	11:11	11.0	11:48	9.6	4:54	1.0	5:33	-0.2	7:03	4:32	
23	Mon	11:53	10.8			5:37	1.0	6:12	-0.1	7:02	4:34	
24	Tue	12:28	9.6	12:31	10.5	6:17	1.1	6:49	0.2	7:01	4:35	
25	Wed	1:04	9.5	1:07	10.1	6:56	1.2	7:24	0.5	7:00	4:36	
26	Thu	1:39	9.4	1:43	9.7	7:35	1.3	7:59	0.8	6:59	4:38	
27	Fri	2:12	9.4	2:21	9.3	8:17	1.4	8:37	1.2	6:58	4:39	
28	Sat	2:48	9.3	3:03	8.9	9:01	1.6	9:17	1.5	6:57	4:40	
29	Sun	3:28	9.2	3:51	8.6	9:50	1.6	10:02	1.8	6:56	4:42	
30	Mon	4:14	9.2	4:47	8.3	10:44	1.7	10:52	2.1	6:55	4:43	
31	Tue	5:06	9.3	5:49	8.2	11:42	1.6	11:47	2.2	6:54	4:45	