

Rockland, ME - Jul 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	10:08	9.9	10:18	11.8	3:50	-0.8	3:57	0.5	4:57	8:23	
2	Sun	11:04	10.0	11:12	11.8	4:46	-1.0	4:52	0.5	4:57	8:23	
3	Mon	11:56	10.0			5:39	-1.0	5:44	0.6	4:58	8:23	
4	Tue	12:03	11.7	12:46	9.9	6:29	-0.9	6:34	0.7	4:58	8:22	
5	Wed	12:52	11.4	1:34	9.9	7:16	-0.7	7:22	0.8	4:59	8:22	
6	Thu	1:38	11.1	2:20	9.7	8:01	-0.4	8:09	1.0	5:00	8:22	
7	Fri	2:24	10.6	3:04	9.6	8:45	0.0	8:56	1.3	5:00	8:21	
8	Sat	3:08	10.1	3:48	9.4	9:27	0.4	9:43	1.5	5:01	8:21	
9	Sun	3:54	9.6	4:32	9.3	10:10	0.8	10:33	1.6	5:02	8:20	
10	Mon	4:42	9.2	5:16	9.3	10:54	1.2	11:24	1.7	5:03	8:20	
11	Tue	5:34	8.8	6:03	9.3	11:40	1.6			5:03	8:19	
12	Wed	6:30	8.5	6:52	9.3	12:18	1.7	12:28	1.9	5:04	8:19	
13	Thu	7:28	8.3	7:42	9.4	1:13	1.6	1:19	2.0	5:05	8:18	
14	Fri	8:24	8.3	8:31	9.7	2:08	1.4	2:10	2.0	5:06	8:18	
15	Sat	9:16	8.4	9:19	9.9	3:00	1.1	3:00	2.0	5:07	8:17	
16	Sun	10:05	8.6	10:04	10.3	3:48	0.7	3:47	1.8	5:08	8:16	
17	Mon	10:49	8.9	10:47	10.6	4:34	0.4	4:33	1.5	5:09	8:15	
18	Tue	11:31	9.2	11:30	11.0	5:18	0.0	5:18	1.2	5:10	8:15	
19	Wed			12:12	9.6	6:01	-0.3	6:03	0.8	5:11	8:14	
20	Thu	12:13	11.3	12:54	9.9	6:43	-0.6	6:49	0.5	5:11	8:13	
21	Fri	12:58	11.4	1:37	10.3	7:26	-0.8	7:37	0.3	5:12	8:12	
22	Sat	1:45	11.4	2:22	10.6	8:11	-0.8	8:28	0.1	5:13	8:11	
23	Sun	2:36	11.2	3:11	10.8	8:58	-0.7	9:23	0.0	5:14	8:10	
24	Mon	3:30	10.8	4:03	11.0	9:48	-0.4	10:21	-0.1	5:15	8:09	
25	Tue	4:29	10.4	5:00	11.0	10:42	0.0	11:23	-0.1	5:17	8:08	
26	Wed	5:34	9.9	6:01	11.1	11:39	0.4			5:18	8:07	
27	Thu	6:44	9.6	7:06	11.1	12:29	-0.1	12:41	0.7	5:19	8:06	
28	Fri	7:53	9.5	8:11	11.2	1:35	-0.1	1:45	0.9	5:20	8:05	
29	Sat	8:58	9.5	9:12	11.3	2:40	-0.3	2:48	0.9	5:21	8:04	
30	Sun	9:57	9.6	10:09	11.4	3:40	-0.4	3:47	0.8	5:22	8:03	
31	Mon	10:51	9.7	11:01	11.4	4:35	-0.5	4:41	0.8	5:23	8:02	