US HARBORS www.USHarbors.com

Rockland, ME - Jan 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	**1:17**	9.7	**1:22**	10.7	**7:17**	1.0	**7:51**	-0.2	7:11	4:08	
2	Tue	**2:01**	9.9	**2:11**	10.6	**8:06**	0.8	**8:37**	-0.1	7:11	4:09	
3	Wed	**2:49**	10.2	**3:05**	10.3	**9:01**	0.7	**9:27**	0.1	7:11	4:10	
4	Thu	**3:41**	10.4	**4:05**	10.0	**10:00**	0.5	**10:22**	0.3	7:11	4:11	
5	Fri	**4:39**	10.6	**5:11**	9.7	**11:04**	0.3	**11:20**	0.5	7:11	4:12	
6	Sat	**5:41**	10.9	**6:22**	9.6			**12:10**	0.1	7:11	4:13	
7	Sun	**6:45**	11.2	**7:32**	9.6	**12:22**	0.6	**1:16**	-0.3	7:11	4:14	
8	Mon	**7:48**	11.5	**8:36**	9.8	**1:25**	0.6	**2:19**	-0.7	7:10	4:15	
9	Tue	**8:48**	11.8	**9:35**	10.1	**2:26**	0.5	**3:17**	-1.0	7:10	4:16	
10	Wed	**9:45**	12.0	**10:30**	10.3	**3:24**	0.4	**4:12**	-1.2	7:10	4:17	
11	Thu	**10:39**	12.0	**11:21**	10.4	**4:19**	0.2	**5:04**	-1.3	7:09	4:18	
12	Fri	**11:29**	11.9			**5:11**	0.2	**5:52**	-1.2	7:09	4:20	
13	Sat	**12:09**	10.4	**12:18**	11.6	**6:01**	0.3	**6:39**	-0.9	7:09	4:21	
14	Sun	**12:56**	10.3	**1:04**	11.1	**6:49**	0.4	**7:23**	-0.5	7:08	4:22	
15	Mon	**1:41**	10.2	**1:51**	10.6	**7:37**	0.7	**8:06**	0.0	7:08	4:23	
16	Tue	**2:26**	10.0	**2:37**	10.0	**8:25**	0.9	**8:49**	0.5	7:07	4:24	
17	Wed	**3:10**	9.8	**3:26**	9.4	**9:14**	1.2	**9:33**	1.1	7:07	4:26	
18	Thu	**3:56**	9.6	**4:18**	8.9	**10:06**	1.4	**10:20**	1.5	7:06	4:27	
19	Fri	**4:45**	9.4	**5:15**	8.5	**11:01**	1.6	**11:10**	1.9	7:05	4:28	
20	Sat	**5:36**	9.4	**6:14**	8.3	**11:58**	1.6			7:05	4:29	
21	Sun	**6:30**	9.4	**7:12**	8.2	**12:03**	2.1	**12:54**	1.4	7:04	4:31	
22	Mon	**7:22**	9.6	**8:06**	8.4	**12:57**	2.1	**1:48**	1.2	7:03	4:32	
23	Tue	**8:12**	9.8	**8:55**	8.6	**1:49**	2.0	**2:38**	0.9	7:02	4:33	
24	Wed	**8:57**	10.1	**9:39**	8.8	**2:37**	1.8	**3:23**	0.6	7:01	4:35	
25	Thu	**9:39**	10.4	**10:19**	9.2	**3:22**	1.6	**4:05**	0.2	7:01	4:36	
26	Fri	**10:18**	10.8	**10:57**	9.5	**4:05**	1.2	**4:45**	-0.1	7:00	4:37	
27	Sat	**10:57**	11.0	**11:33**	9.9	**4:46**	0.9	**5:23**	-0.4	6:59	4:39	
28	Sun	**11:37**	11.2			**5:28**	0.6	**6:02**	-0.6	6:58	4:40	
29	Mon	**12:11**	10.2	**12:19**	11.2	**6:12**	0.3	**6:43**	-0.6	6:57	4:42	
30	Tue	**12:51**	10.6	**1:05**	11.1	**6:59**	0.1	**7:26**	-0.5	6:56	4:43	
31	Wed	**1:35**	10.8	**1:54**	10.8	**7:49**	-0.1	**8:12**	-0.3	6:55	4:44	