

































## 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	