US HARBORS www.USHarbors.com

Rockland, ME - Mar 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	1:11	11.6	1:41	10.9	7:32	-0.9	7:50	-0.3	6:13	5:24	
2	Fri	2:01	11.5	2:37	10.4	8:27	-0.7	8:43	0.2	6:11	5:25	
3	Sat	2:57	11.3	3:41	9.8	9:27	-0.4	9:42	0.7	6:09	5:26	
4	Sun	4:00	11.0	4:52	9.5	10:33	-0.2	10:47	1.0	6:08	5:28	
5	Mon	5:11	10.8	6:05	9.3	11:43	0.0	11:58	1.2	6:06	5:29	
6	Tue	6:23	10.8	7:13	9.4			12:52	0.0	6:04	5:30	
7	Wed	7:30	10.8	8:14	9.7	1:07	1.1	1:55	-0.1	6:02	5:32	
8	Thu	8:30	11.0	9:08	10.0	2:10	0.8	2:52	-0.3	6:01	5:33	
9	Fri	9:24	11.1	9:56	10.3	3:06	0.5	3:42	-0.3	5:59	5:34	
10	Sat	10:12	11.0	10:41	10.4	3:56	0.3	4:26	-0.3	5:57	5:35	
11	Sun	10:57	10.9	11:21	10.5	4:42	0.2	5:06	-0.1	5:55	5:37	
12	Mon	11:38	10.6	11:58	10.4	5:23	0.2	5:43	0.2	5:53	5:38	
13	Tue			12:16	10.2	6:02	0.3	6:18	0.5	5:52	5:39	
14	Wed	12:31	10.2	12:53	9.8	6:39	0.4	6:52	0.9	5:50	5:40	
15	Thu	1:02	10.0	1:28	9.4	7:17	0.6	7:27	1.3	5:48	5:42	
16	Fri	1:35	9.8	2:05	9.0	7:57	0.8	8:05	1.7	5:46	5:43	
17	Sat	2:11	9.6	2:47	8.6	8:40	1.1	8:48	2.0	5:44	5:44	
18	Sun	2:54	9.4	3:36	8.3	9:29	1.4	9:36	2.3	5:43	5:45	
19	Mon	3:44	9.2	4:33	8.1	10:23	1.5	10:31	2.4	5:41	5:47	
20	Tue	4:41	9.2	5:37	8.1	11:22	1.5	11:30	2.4	5:39	5:48	
21	Wed	5:44	9.3	6:39	8.4			12:21	1.3	5:37	5:49	
22	Thu	6:45	9.6	7:33	8.8	12:30	2.1	1:16	1.0	5:35	5:50	
23	Fri	7:41	10.0	8:21	9.4	1:27	1.6	2:06	0.5	5:33	5:52	
24	Sat	8:32	10.5	9:05	10.1	2:19	1.0	2:52	0.1	5:32	5:53	
25	Sun	9:21	10.9	9:48	10.8	3:09	0.3	3:37	-0.3	5:30	5:54	
26	Mon	10:08	11.2	10:30	11.4	3:57	-0.4	4:21	-0.6	5:28	5:55	
27	Tue	10:56	11.4	11:14	11.8	4:45	-1.0	5:05	-0.7	5:26	5:56	
28	Wed	11:45	11.4			5:33	-1.4	5:51	-0.7	5:24	5:58	
29	Thu	12:00	12.1	12:36	11.2	6:24	-1.5	6:39	-0.5	5:23	5:59	
30	Fri	12:50	12.1	1:30	10.8	7:17	-1.4	7:31	-0.1	5:21	6:00	
31	Sat	1:43	11.9	2:29	10.3	8:13	-1.1	8:27	0.4	5:19	6:01	