US HARBORS www.USHarbors.com

Rockland, ME - Apr 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	3:42	11.5	4:34	9.9	10:14	-0.7	10:29	0.8	6:17	7:03	
2	Mon	4:48	11.1	5:43	9.6	11:20	-0.3	11:37	1.1	6:15	7:04	
3	Tue	6:00	10.7	6:52	9.5			12:28	0.0	6:13	7:05	
4	Wed	7:10	10.5	7:55	9.7	12:47	1.2	1:34	0.1	6:12	7:06	
5	Thu	8:14	10.5	8:53	9.9	1:55	1.0	2:34	0.1	6:10	7:07	
6	Fri	9:12	10.5	9:44	10.2	2:56	0.8	3:28	0.1	6:08	7:09	
7	Sat	10:04	10.5	10:31	10.4	3:50	0.5	4:15	0.2	6:06	7:10	
8	Sun	10:51	10.4	11:12	10.5	4:37	0.3	4:57	0.3	6:05	7:11	
9	Mon	11:35	10.2	11:51	10.5	5:21	0.2	5:36	0.5	6:03	7:12	
10	Tue			12:15	10.0	6:00	0.2	6:11	0.8	6:01	7:13	
11	Wed	12:25	10.4	12:52	9.7	6:37	0.2	6:45	1.1	5:59	7:15	
12	Thu	12:56	10.2	1:27	9.4	7:12	0.4	7:19	1.4	5:58	7:16	
13	Fri	1:26	10.1	2:01	9.1	7:49	0.5	7:53	1.6	5:56	7:17	
14	Sat	1:57	9.9	2:36	8.8	8:27	0.7	8:31	1.9	5:54	7:18	
15	Sun	2:34	9.7	3:16	8.6	9:08	0.9	9:13	2.1	5:52	7:20	
16	Mon	3:17	9.5	4:02	8.4	9:55	1.1	10:01	2.3	5:51	7:21	
17	Tue	4:06	9.4	4:55	8.3	10:46	1.2	10:54	2.3	5:49	7:22	
18	Wed	5:00	9.4	5:53	8.5	11:40	1.2	11:53	2.2	5:47	7:23	
19	Thu	6:00	9.4	6:51	8.8			12:36	1.1	5:46	7:24	
20	Fri	7:01	9.6	7:47	9.3	12:53	1.8	1:31	0.8	5:44	7:26	
21	Sat	8:01	10.0	8:38	10.0	1:52	1.3	2:23	0.4	5:42	7:27	
22	Sun	8:58	10.3	9:26	10.7	2:48	0.6	3:13	0.1	5:41	7:28	
23	Mon	9:52	10.7	10:13	11.4	3:41	-0.2	4:01	-0.2	5:39	7:29	
24	Tue	10:45	11.0	11:01	12.0	4:33	-0.9	4:49	-0.4	5:38	7:30	
25	Wed	11:37	11.1	11:49	12.3	5:24	-1.5	5:38	-0.5	5:36	7:32	
26	Thu			12:29	11.1	6:15	-1.8	6:28	-0.5	5:35	7:33	
27	Fri	12:40	12.5	1:23	11.0	7:08	-1.9	7:20	-0.3	5:33	7:34	
28	Sat	1:32	12.4	2:20	10.7	8:03	-1.7	8:15	0.1	5:31	7:35	
29	Sun	2:29	12.0	3:20	10.3	9:00	-1.3	9:13	0.4	5:30	7:36	
30	Mon	3:30	11.6	4:23	10.0	10:01	-0.9	10:16	0.8	5:29	7:38	