
























Rockland, ME - May 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	4:35	11.0	5:28	9.8	11:03	-0.4	11:23	1.0	5:27	7:39	
2	Wed	5:43	10.6	6:31	9.8			12:06	-0.1	5:26	7:40	
3	Thu	6:49	10.3	7:30	9.9	12:30	1.1	1:07	0.2	5:24	7:41	
4	Fri	7:50	10.1	8:24	10.1	1:34	1.0	2:04	0.4	5:23	7:42	
5	Sat	8:47	9.9	9:14	10.3	2:33	0.8	2:55	0.6	5:22	7:44	
6	Sun	9:39	9.8	10:00	10.4	3:26	0.6	3:42	0.7	5:20	7:45	
7	Mon	10:26	9.7	10:41	10.4	4:13	0.4	4:24	0.9	5:19	7:46	
8	Tue	11:10	9.6	11:19	10.4	4:56	0.3	5:03	1.1	5:18	7:47	
9	Wed	11:51	9.4	11:53	10.3	5:35	0.3	5:39	1.3	5:16	7:48	
10	Thu			12:29	9.2	6:12	0.3	6:14	1.5	5:15	7:49	
11	Fri	12:25	10.2	1:04	9.1	6:48	0.4	6:49	1.7	5:14	7:51	
12	Sat	12:56	10.1	1:39	8.9	7:25	0.5	7:25	1.8	5:13	7:52	
13	Sun	1:29	10.0	2:13	8.8	8:03	0.6	8:03	2.0	5:12	7:53	
14	Mon	2:07	9.9	2:52	8.7	8:43	0.7	8:45	2.1	5:10	7:54	
15	Tue	2:49	9.8	3:35	8.7	9:26	0.8	9:32	2.1	5:09	7:55	
16	Wed	3:36	9.7	4:23	8.7	10:13	0.8	10:24	2.0	5:08	7:56	
17	Thu	4:28	9.6	5:15	9.0	11:03	0.8	11:21	1.8	5:07	7:57	
18	Fri	5:24	9.6	6:10	9.4	11:55	0.7			5:06	7:58	
19	Sat	6:24	9.7	7:04	9.9	12:20	1.4	12:49	0.6	5:05	7:59	
20	Sun	7:26	9.9	7:58	10.5	1:20	0.8	1:43	0.4	5:04	8:01	
21	Mon	8:28	10.1	8:52	11.2	2:19	0.2	2:36	0.2	5:03	8:02	
22	Tue	9:27	10.4	9:44	11.8	3:16	-0.5	3:30	0.0	5:02	8:03	
23	Wed	10:25	10.6	10:37	12.2	4:11	-1.2	4:23	-0.2	5:02	8:04	
24	Thu	11:21	10.7	11:30	12.5	5:06	-1.6	5:16	-0.2	5:01	8:05	
25	Fri			12:16	10.8	6:00	-1.9	6:09	-0.2	5:00	8:06	
26	Sat	12:24	12.6	1:12	10.7	6:55	-1.9	7:04	-0.1	4:59	8:07	
27	Sun	1:19	12.4	2:09	10.6	7:50	-1.7	8:00	0.1	4:59	8:07	
28	Mon	2:16	12.0	3:06	10.4	8:46	-1.4	8:59	0.4	4:58	8:08	
29	Tue	3:15	11.5	4:05	10.2	9:42	-0.9	9:59	0.7	4:57	8:09	
30	Wed	4:16	11.0	5:03	10.1	10:39	-0.4	11:02	0.9	4:57	8:10	
31	Thu	5:18	10.4	6:01	10.0	11:36	0.0			4:56	8:11	