US HARBORS www.USHarbors.com

Rockland, ME - Jun 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	6:20	9.9	6:57	10.0	12:04	1.0	12:32	0.4	4:56	8:12	
2	Sat	7:19	9.6	7:50	10.1	1:05	1.0	1:26	0.8	4:55	8:13	
3	Sun	8:15	9.3	8:39	10.1	2:03	0.9	2:17	1.1	4:55	8:13	
4	Mon	9:08	9.2	9:25	10.2	2:55	0.8	3:04	1.3	4:54	8:14	
5	Tue	9:57	9.1	10:08	10.2	3:43	0.7	3:48	1.5	4:54	8:15	
6	Wed	10:43	9.0	10:48	10.2	4:28	0.5	4:30	1.6	4:53	8:16	
7	Thu	11:25	9.0	11:25	10.2	5:09	0.5	5:09	1.7	4:53	8:16	
8	Fri			12:05	8.9	5:48	0.4	5:46	1.7	4:53	8:17	
9	Sat			12:42	8.9	6:26	0.4	6:23	1.8	4:53	8:18	
10	Sun	12:32	10.2	1:17	8.9	7:03	0.4	7:01	1.8	4:52	8:18	
11	Mon	1:07	10.2	1:52	8.9	7:40	0.4	7:40	1.8	4:52	8:19	
12	Tue	1:44	10.2	2:28	9.0	8:19	0.4	8:22	1.7	4:52	8:19	
13	Wed	2:25	10.1	3:08	9.1	8:59	0.4	9:07	1.7	4:52	8:20	
14	Thu	3:10	10.1	3:53	9.3	9:43	0.4	9:58	1.5	4:52	8:20	
15	Fri	4:00	9.9	4:42	9.6	10:29	0.4	10:53	1.3	4:52	8:21	
16	Sat	4:55	9.8	5:34	10.0	11:20	0.5	11:52	0.9	4:52	8:21	
17	Sun	5:55	9.7	6:29	10.5			12:13	0.5	4:52	8:22	
18	Mon	6:59	9.7	7:27	10.9	12:54	0.5	1:09	0.5	4:52	8:22	
19	Tue	8:04	9.8	8:25	11.4	1:55	-0.1	2:07	0.4	4:52	8:22	
20	Wed	9:09	10.0	9:23	11.9	2:56	-0.6	3:05	0.3	4:52	8:22	
21	Thu	10:10	10.2	10:21	12.2	3:55	-1.1	4:03	0.1	4:53	8:23	
22	Fri	11:09	10.4	11:17	12.4	4:52	-1.5	4:59	0.0	4:53	8:23	
23	Sat			12:05	10.5	5:48	-1.7	5:55	-0.1	4:53	8:23	
24	Sun	12:13	12.4	12:59	10.6	6:42	-1.7	6:50	0.0	4:53	8:23	
25	Mon	1:07	12.2	1:53	10.6	7:34	-1.5	7:45	0.1	4:54	8:23	
26	Tue	2:02	11.9	2:46	10.5	8:26	-1.2	8:40	0.3	4:54	8:23	
27	Wed	2:56	11.3	3:39	10.3	9:17	-0.7	9:36	0.6	4:54	8:23	
28	Thu	3:51	10.7	4:31	10.2	10:08	-0.2	10:33	0.8	4:55	8:23	
29	Fri	4:47	10.1	5:24	10.0	10:59	0.3	11:30	1.0	4:55	8:23	
30	Sat	5:45	9.5	6:17	9.9	11:51	0.8			4:56	8:23	