

































## Rockland, ME - Jul 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	6:42	9.1	7:09	9.8	12:28	1.2	12:42	1.3	4:56	8:23	
2	Mon	7:39	8.8	7:59	9.8	1:25	1.2	1:34	1.6	4:57	8:23	
3	Tue	8:34	8.7	8:48	9.9	2:19	1.1	2:24	1.8	4:58	8:23	
4	Wed	9:26	8.6	9:34	10.0	3:10	1.0	3:12	1.8	4:58	8:22	
5	Thu	10:13	8.7	10:17	10.1	3:57	0.8	3:57	1.8	4:59	8:22	
6	Fri	10:58	8.8	10:58	10.2	4:41	0.6	4:40	1.8	5:00	8:22	
7	Sat	11:39	8.9	11:35	10.3	5:22	0.5	5:20	1.7	5:00	8:21	
8	Sun			12:16	9.0	6:01	0.3	5:59	1.6	5:01	8:21	
9	Mon	12:10	10.4	12:51	9.1	6:38	0.2	6:37	1.4	5:02	8:21	
10	Tue	12:45	10.5	1:25	9.3	7:15	0.1	7:17	1.3	5:02	8:20	
11	Wed	1:22	10.5	2:00	9.5	7:52	0.0	7:59	1.1	5:03	8:20	
12	Thu	2:03	10.5	2:39	9.8	8:31	0.0	8:45	1.0	5:04	8:19	
13	Fri	2:48	10.4	3:23	10.0	9:13	0.1	9:35	0.8	5:05	8:18	
14	Sat	3:37	10.2	4:11	10.3	9:59	0.2	10:29	0.6	5:06	8:18	
15	Sun	4:32	9.9	5:04	10.5	10:49	0.4	11:29	0.4	5:07	8:17	
16	Mon	5:33	9.7	6:01	10.8	11:45	0.6			5:08	8:16	
17	Tue	6:40	9.5	7:04	11.0	12:32	0.2	12:45	0.7	5:08	8:16	
18	Wed	7:50	9.5	8:08	11.3	1:38	-0.1	1:47	0.7	5:09	8:15	
19	Thu	8:58	9.7	9:12	11.7	2:42	-0.5	2:50	0.6	5:10	8:14	
20	Fri	10:01	9.9	10:12	12.0	3:43	-0.9	3:50	0.4	5:11	8:13	
21	Sat	10:58	10.2	11:09	12.1	4:41	-1.2	4:48	0.1	5:12	8:12	
22	Sun	11:52	10.5			5:35	-1.4	5:43	0.0	5:13	8:11	
23	Mon	12:02	12.1	12:43	10.6	6:26	-1.4	6:36	-0.1	5:14	8:11	
24	Tue	12:54	11.9	1:32	10.6	7:15	-1.2	7:27	0.0	5:15	8:10	
25	Wed	1:43	11.5	2:19	10.6	8:01	-0.8	8:17	0.2	5:16	8:09	
26	Thu	2:32	11.0	3:06	10.4	8:47	-0.3	9:07	0.5	5:17	8:08	
27	Fri	3:21	10.3	3:52	10.1	9:32	0.2	9:58	0.8	5:18	8:06	
28	Sat	4:11	9.7	4:39	9.9	10:17	0.8	10:50	1.1	5:19	8:05	
29	Sun	5:04	9.1	5:29	9.7	11:05	1.3	11:45	1.3	5:20	8:04	
30	Mon	6:01	8.7	6:21	9.5	11:56	1.7			5:22	8:03	
31	Tue	6:59	8.4	7:15	9.5	12:42	1.4	12:49	2.0	5:23	8:02	