

































Rockland, ME - Aug 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	7:57	8.3	8:09	9.5	1:39	1.4	1:43	2.1	5:24	8:01	
2	Thu	8:51	8.4	8:59	9.7	2:33	1.2	2:36	2.1	5:25	7:59	
3	Fri	9:41	8.5	9:46	10.0	3:24	1.0	3:25	1.9	5:26	7:58	
4	Sat	10:26	8.8	10:29	10.2	4:10	0.7	4:10	1.7	5:27	7:57	
5	Sun	11:07	9.0	11:08	10.5	4:52	0.5	4:52	1.4	5:28	7:56	
6	Mon	11:44	9.3	11:44	10.7	5:31	0.2	5:32	1.1	5:29	7:54	
7	Tue			12:19	9.6	6:08	0.0	6:13	0.8	5:30	7:53	
8	Wed	12:21	10.8	12:53	10.0	6:44	-0.2	6:54	0.5	5:32	7:52	
9	Thu	1:00	10.8	1:30	10.3	7:22	-0.2	7:37	0.3	5:33	7:50	
10	Fri	1:42	10.8	2:10	10.6	8:02	-0.2	8:23	0.1	5:34	7:49	
11	Sat	2:28	10.6	2:54	10.8	8:45	0.0	9:14	0.0	5:35	7:47	
12	Sun	3:19	10.3	3:44	10.9	9:32	0.2	10:09	0.0	5:36	7:46	
13	Mon	4:15	9.9	4:39	10.9	10:25	0.5	11:11	0.1	5:37	7:44	
14	Tue	5:19	9.5	5:42	10.9	11:24	0.8			5:38	7:43	
15	Wed	6:31	9.3	6:51	10.9	12:17	0.0	12:29	1.0	5:39	7:41	
16	Thu	7:44	9.4	8:00	11.1	1:25	-0.1	1:36	0.9	5:41	7:40	
17	Fri	8:51	9.6	9:06	11.4	2:32	-0.3	2:42	0.7	5:42	7:38	
18	Sat	9:51	9.9	10:05	11.6	3:33	-0.6	3:43	0.4	5:43	7:37	
19	Sun	10:45	10.3	10:59	11.7	4:28	-0.9	4:39	0.1	5:44	7:35	
20	Mon	11:35	10.6	11:49	11.7	5:19	-1.0	5:31	-0.1	5:45	7:33	
21	Tue			12:22	10.7	6:06	-0.9	6:20	-0.1	5:46	7:32	
22	Wed	12:37	11.4	1:06	10.7	6:50	-0.6	7:06	-0.1	5:48	7:30	
23	Thu	1:22	11.0	1:47	10.6	7:31	-0.3	7:51	0.1	5:49	7:28	
24	Fri	2:06	10.5	2:27	10.3	8:12	0.2	8:35	0.4	5:50	7:27	
25	Sat	2:49	9.9	3:07	10.0	8:52	0.8	9:20	0.7	5:51	7:25	
26	Sun	3:34	9.3	3:49	9.7	9:34	1.3	10:08	1.1	5:52	7:23	
27	Mon	4:22	8.8	4:35	9.4	10:19	1.8	11:00	1.4	5:53	7:22	
28	Tue	5:16	8.4	5:27	9.2	11:09	2.1	11:56	1.5	5:54	7:20	
29	Wed	6:16	8.2	6:26	9.2			12:04	2.3	5:56	7:18	
30	Thu	7:17	8.1	7:26	9.3	12:55	1.6	1:02	2.4	5:57	7:16	
31	Fri	8:14	8.3	8:21	9.5	1:53	1.4	1:58	2.2	5:58	7:15	