
































Rockland, ME - Sep 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	9:04	8.6	9:11	9.8	2:46	1.1	2:51	1.9	5:59	7:13	
2	Sun	9:49	8.9	9:55	10.2	3:33	0.8	3:38	1.5	6:00	7:11	
3	Mon	10:30	9.4	10:36	10.5	4:15	0.4	4:22	1.0	6:01	7:09	
4	Tue	11:07	9.9	11:16	10.8	4:55	0.1	5:05	0.5	6:02	7:07	
5	Wed	11:42	10.3	11:56	11.0	5:33	-0.2	5:47	0.1	6:04	7:06	
6	Thu			12:19	10.8	6:11	-0.3	6:30	-0.3	6:05	7:04	
7	Fri	12:38	11.0	12:59	11.1	6:51	-0.4	7:15	-0.6	6:06	7:02	
8	Sat	1:23	10.9	1:42	11.3	7:34	-0.3	8:04	-0.7	6:07	7:00	
9	Sun	2:12	10.7	2:29	11.4	8:20	0.0	8:56	-0.6	6:08	6:58	
10	Mon	3:05	10.3	3:22	11.3	9:11	0.3	9:54	-0.5	6:09	6:57	
11	Tue	4:05	9.9	4:22	11.1	10:07	0.7	10:57	-0.2	6:10	6:55	
12	Wed	5:13	9.5	5:30	10.9	11:11	1.0			6:12	6:53	
13	Thu	6:27	9.4	6:44	10.8	12:06	-0.1	12:20	1.1	6:13	6:51	
14	Fri	7:37	9.5	7:54	10.9	1:15	-0.1	1:30	1.0	6:14	6:49	
15	Sat	8:40	9.8	8:57	11.1	2:20	-0.2	2:36	0.7	6:15	6:47	
16	Sun	9:37	10.2	9:54	11.2	3:19	-0.4	3:35	0.4	6:16	6:45	
17	Mon	10:27	10.5	10:46	11.2	4:11	-0.5	4:29	0.1	6:17	6:44	
18	Tue	11:14	10.7	11:33	11.1	4:58	-0.5	5:17	-0.1	6:18	6:42	
19	Wed	11:57	10.8			5:42	-0.3	6:02	-0.2	6:20	6:40	
20	Thu	12:17	10.8	12:36	10.7	6:22	0.0	6:44	-0.1	6:21	6:38	
21	Fri	12:59	10.4	1:13	10.5	7:00	0.4	7:24	0.1	6:22	6:36	
22	Sat	1:39	9.9	1:48	10.3	7:36	0.8	8:04	0.4	6:23	6:34	
23	Sun	2:18	9.5	2:23	10.0	8:13	1.3	8:45	0.7	6:24	6:32	
24	Mon	2:58	9.0	3:00	9.7	8:53	1.7	9:29	1.0	6:25	6:31	
25	Tue	3:41	8.6	3:44	9.4	9:36	2.1	10:18	1.3	6:26	6:29	
26	Wed	4:32	8.3	4:34	9.2	10:25	2.3	11:12	1.5	6:28	6:27	
27	Thu	5:30	8.1	5:33	9.1	11:21	2.5			6:29	6:25	
28	Fri	6:32	8.1	6:35	9.1	12:10	1.6	12:20	2.4	6:30	6:23	
29	Sat	7:30	8.4	7:35	9.4	1:08	1.4	1:19	2.2	6:31	6:21	
30	Sun	8:21	8.8	8:29	9.7	2:01	1.1	2:14	1.8	6:32	6:19	