

































Rockland, ME - Oct 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	9:06	9.3	9:17	10.1	2:49	0.8	3:04	1.2	6:34	6:18	
2	Tue	9:47	9.9	10:03	10.5	3:33	0.4	3:51	0.5	6:35	6:16	
3	Wed	10:27	10.5	10:47	10.8	4:16	0.1	4:36	-0.1	6:36	6:14	
4	Thu	11:06	11.1	11:32	11.0	4:57	-0.2	5:22	-0.7	6:37	6:12	
5	Fri	11:48	11.6			5:39	-0.4	6:08	-1.1	6:38	6:10	
6	Sat	12:18	11.0	12:31	11.9	6:23	-0.4	6:56	-1.3	6:40	6:09	
7	Sun	1:06	10.9	1:18	12.0	7:09	-0.2	7:47	-1.4	6:41	6:07	
8	Mon	1:58	10.7	2:10	11.9	7:59	0.0	8:42	-1.2	6:42	6:05	
9	Tue	2:55	10.3	3:06	11.6	8:54	0.4	9:41	-0.8	6:43	6:03	
10	Wed	3:58	9.9	4:10	11.2	9:54	0.7	10:45	-0.5	6:44	6:01	
11	Thu	5:07	9.7	5:21	10.8	11:01	1.0	11:52	-0.2	6:46	6:00	
12	Fri	6:17	9.6	6:34	10.7			12:12	1.1	6:47	5:58	
13	Sat	7:23	9.8	7:41	10.6	12:59	-0.1	1:21	0.9	6:48	5:56	
14	Sun	8:22	10.1	8:42	10.6	2:01	-0.1	2:25	0.6	6:49	5:55	
15	Mon	9:16	10.4	9:37	10.6	2:57	-0.1	3:22	0.3	6:51	5:53	
16	Tue	10:05	10.7	10:28	10.5	3:48	0.0	4:13	0.1	6:52	5:51	
17	Wed	10:49	10.8	11:14	10.4	4:33	0.1	4:59	-0.1	6:53	5:50	
18	Thu	11:30	10.8	11:57	10.1	5:14	0.4	5:42	-0.1	6:54	5:48	
19	Fri			12:07	10.6	5:52	0.7	6:21	0.0	6:56	5:46	
20	Sat	12:37	9.8	12:41	10.4	6:28	1.0	6:58	0.2	6:57	5:45	
21	Sun	1:15	9.5	1:13	10.2	7:04	1.3	7:36	0.4	6:58	5:43	
22	Mon	1:51	9.1	1:46	9.9	7:40	1.7	8:14	0.6	6:59	5:41	
23	Tue	2:28	8.8	2:22	9.7	8:18	2.0	8:56	0.9	7:01	5:40	
24	Wed	3:08	8.5	3:04	9.5	9:00	2.2	9:42	1.1	7:02	5:38	
25	Thu	3:54	8.3	3:52	9.3	9:48	2.4	10:32	1.3	7:03	5:37	
26	Fri	4:46	8.3	4:46	9.2	10:41	2.4	11:26	1.3	7:05	5:35	
27	Sat	5:42	8.4	5:45	9.2	11:39	2.3			7:06	5:34	
28	Sun	5:39	8.7	5:45	9.3	12:20	1.3	11:38 AM	2.0	6:07	4:32	
29	Mon	6:31	9.1	6:43	9.6	12:13	1.0	12:35	1.5	6:09	4:31	
30	Tue	7:19	9.7	7:38	9.9	1:03	0.8	1:29	0.9	6:10	4:29	
31	Wed	8:04	10.4	8:29	10.3	1:50	0.4	2:20	0.1	6:11	4:28	