US HARBORS www.USHarbors.com

Rockland, ME - Nov 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	8:49	11.1	9:20	10.6	2:37	0.1	3:09	-0.6	6:13	4:27	
2	Fri	9:34	11.7	10:10	10.8	3:23	-0.1	3:58	-1.2	6:14	4:25	
3	Sat	10:21	12.2	11:01	10.9	4:10	-0.3	4:48	-1.6	6:15	4:24	
4	Sun	11:09	12.4	11:53	10.8	4:59	-0.3	5:40	-1.8	6:17	4:23	
5	Mon			12:01	12.4	5:49	-0.2	6:33	-1.7	6:18	4:21	
6	Tue	12:47	10.6	12:55	12.2	6:43	0.0	7:29	-1.5	6:19	4:20	
7	Wed	1:46	10.4	1:55	11.8	7:40	0.3	8:28	-1.1	6:21	4:19	
8	Thu	2:48	10.1	2:59	11.3	8:42	0.6	9:29	-0.7	6:22	4:18	
9	Fri	3:53	10.0	4:07	10.8	9:49	0.9	10:33	-0.3	6:23	4:16	
10	Sat	4:58	10.0	5:16	10.5	10:57	0.9	11:35	0.0	6:24	4:15	
11	Sun	6:00	10.1	6:21	10.2			12:04	0.8	6:26	4:14	
12	Mon	6:57	10.3	7:21	10.1	12:35	0.2	1:06	0.6	6:27	4:13	
13	Tue	7:50	10.5	8:16	9.9	1:29	0.4	2:03	0.4	6:28	4:12	
14	Wed	8:38	10.6	9:06	9.8	2:19	0.6	2:53	0.2	6:30	4:11	
15	Thu	9:22	10.7	9:52	9.7	3:04	0.8	3:38	0.1	6:31	4:10	
16	Fri	10:02	10.6	10:35	9.5	3:46	1.0	4:20	0.1	6:32	4:09	
17	Sat	10:40	10.5	11:16	9.3	4:24	1.2	4:59	0.1	6:34	4:08	
18	Sun	11:14	10.3	11:53	9.1	5:01	1.5	5:36	0.3	6:35	4:07	
19	Mon	11:46	10.2			5:36	1.6	6:13	0.4	6:36	4:06	
20	Tue	12:29	8.9	12:18	10.0	6:12	1.8	6:50	0.6	6:38	4:06	
21	Wed	1:04	8.8	12:54	9.9	6:50	2.0	7:29	0.7	6:39	4:05	
22	Thu	1:41	8.6	1:34	9.7	7:31	2.1	8:11	0.8	6:40	4:04	
23	Fri	2:21	8.6	2:18	9.6	8:16	2.2	8:55	0.9	6:41	4:03	
24	Sat	3:07	8.6	3:08	9.4	9:06	2.2	9:43	1.0	6:43	4:03	
25	Sun	3:56	8.8	4:02	9.4	10:00	2.0	10:33	1.0	6:44	4:02	
26	Mon	4:48	9.1	5:00	9.4	10:58	1.7	11:25	0.9	6:45	4:01	
27	Tue	5:40	9.6	6:00	9.5	11:57	1.2			6:46	4:01	
28	Wed	6:33	10.2	7:01	9.7	12:17	0.7	12:55	0.6	6:47	4:00	
29	Thu	7:25	10.8	8:00	10.0	1:10	0.5	1:51	-0.1	6:49	4:00	
30	Fri	8:17	11.5	8:57	10.3	2:02	0.3	2:45	-0.8	6:50	3:59	