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# Rockland, ME - Mar 1993

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Mon | 3:32 | 9.7 | 4:08 | 8.7 | 10:06 | 1.1 | 10:16 | 1.8 | 6:12 | 5:24 | |
| 2 | Tue | 4:27 | 9.8 | 5:10 | 8.7 | 11:05 | 1.0 | 11:16 | 1.7 | 6:11 | 5:25 | |
| 3 | Wed | 5:28 | 10.0 | 6:17 | 8.9 | | | 12:07 | 0.7 | 6:09 | 5:27 | |
| 4 | Thu | 6:33 | 10.4 | 7:21 | 9.4 | 12:19 | 1.4 | 1:08 | 0.3 | 6:07 | 5:28 | |
| 5 | Fri | 7:36 | 10.9 | 8:20 | 10.0 | 1:21 | 0.9 | 2:05 | -0.3 | 6:05 | 5:29 | |
| 6 | Sat | 8:36 | 11.4 | 9:13 | 10.8 | 2:20 | 0.2 | 2:59 | -0.8 | 6:04 | 5:31 | |
| 7 | Sun | 9:31 | 11.9 | 10:04 | 11.4 | 3:16 | -0.5 | 3:50 | -1.3 | 6:02 | 5:32 | |
| 8 | Mon | 10:25 | 12.2 | 10:53 | 12.0 | 4:10 | -1.1 | 4:40 | -1.6 | 6:00 | 5:33 | |
| 9 | Tue | 11:17 | 12.3 | 11:42 | 12.3 | 5:03 | -1.6 | 5:29 | -1.6 | 5:58 | 5:34 | |
| 10 | Wed | | | 12:10 | 12.1 | 5:55 | -1.8 | 6:18 | -1.4 | 5:57 | 5:36 | |
| 11 | Thu | 12:32 | 12.4 | 1:03 | 11.7 | 6:48 | -1.8 | 7:08 | -1.0 | 5:55 | 5:37 | |
| 12 | Fri | 1:24 | 12.2 | 1:59 | 11.1 | 7:43 | -1.5 | 8:01 | -0.5 | 5:53 | 5:38 | |
| 13 | Sat | 2:18 | 11.8 | 2:58 | 10.5 | 8:40 | -1.0 | 8:56 | 0.1 | 5:51 | 5:39 | |
| 14 | Sun | 3:17 | 11.3 | 4:01 | 9.9 | 9:40 | -0.4 | 9:56 | 0.7 | 5:49 | 5:41 | |
| 15 | Mon | 4:20 | 10.8 | 5:06 | 9.5 | 10:43 | 0.1 | 11:00 | 1.1 | 5:48 | 5:42 | |
| 16 | Tue | 5:25 | 10.4 | 6:09 | 9.3 | 11:48 | 0.4 | | | 5:46 | 5:43 | |
| 17 | Wed | 6:29 | 10.2 | 7:09 | 9.3 | 12:06 | 1.4 | 12:50 | 0.6 | 5:44 | 5:44 | |
| 18 | Thu | 7:27 | 10.1 | 8:03 | 9.4 | 1:07 | 1.4 | 1:47 | 0.6 | 5:42 | 5:46 | |
| 19 | Fri | 8:20 | 10.1 | 8:52 | 9.6 | 2:03 | 1.3 | 2:37 | 0.6 | 5:40 | 5:47 | |
| 20 | Sat | 9:08 | 10.2 | 9:35 | 9.8 | 2:52 | 1.1 | 3:21 | 0.6 | 5:38 | 5:48 | |
| 21 | Sun | 9:52 | 10.2 | 10:15 | 9.9 | 3:36 | 0.9 | 4:00 | 0.6 | 5:37 | 5:49 | |
| 22 | Mon | 10:32 | 10.1 | 10:50 | 10.0 | 4:16 | 0.7 | 4:35 | 0.6 | 5:35 | 5:51 | |
| 23 | Tue | 11:08 | 10.0 | 11:21 | 10.0 | 4:52 | 0.6 | 5:08 | 0.7 | 5:33 | 5:52 | |
| 24 | Wed | 11:40 | 9.9 | 11:49 | 10.1 | 5:27 | 0.5 | 5:40 | 0.8 | 5:31 | 5:53 | |
| 25 | Thu | | | 12:11 | 9.7 | 6:01 | 0.5 | 6:13 | 1.0 | 5:29 | 5:54 | |
| 26 | Fri | 12:16 | 10.1 | 12:42 | 9.5 | 6:37 | 0.5 | 6:46 | 1.2 | 5:27 | 5:56 | |
| 27 | Sat | 12:49 | 10.1 | 1:18 | 9.4 | 7:15 | 0.5 | 7:24 | 1.3 | 5:26 | 5:57 | |
| 28 | Sun | 1:27 | 10.1 | 2:00 | 9.2 | 7:56 | 0.6 | 8:05 | 1.5 | 5:24 | 5:58 | |
| 29 | Mon | 2:11 | 10.0 | 2:48 | 9.0 | 8:43 | 0.7 | 8:54 | 1.6 | 5:22 | 5:59 | |
| 30 | Tue | 3:01 | 10.0 | 3:43 | 9.0 | 9:37 | 0.7 | 9:49 | 1.6 | 5:20 | 6:00 | |
| 31 | Wed | 3:58 | 10.0 | 4:44 | 9.0 | 10:35 | 0.6 | 10:51 | 1.5 | 5:18 | 6:02 | |