






















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	