US HARBORS www.USHarbors.com

Rockland, ME - Mar 1995

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	10:45	11.7	11:13	11.2	4:27	-0.5	4:56	-1.0	6:13	5:23	
2	Thu	11:32	11.5	11:57	11.1	5:14	-0.5	5:40	-0.8	6:11	5:25	
3	Fri			12:16	11.1	6:00	-0.4	6:22	-0.4	6:10	5:26	
4	Sat	12:39	10.9	12:59	10.7	6:43	-0.2	7:02	0.0	6:08	5:27	
5	Sun	1:18	10.6	1:41	10.1	7:26	0.1	7:42	0.5	6:06	5:29	
6	Mon	1:58	10.3	2:23	9.6	8:09	0.5	8:24	1.0	6:05	5:30	
7	Tue	2:38	9.9	3:09	9.1	8:55	0.8	9:08	1.4	6:03	5:31	
8	Wed	3:22	9.6	3:59	8.7	9:45	1.2	9:57	1.8	6:01	5:33	
9	Thu	4:13	9.4	4:57	8.5	10:39	1.4	10:51	2.0	5:59	5:34	
10	Fri	5:10	9.3	5:57	8.4	11:36	1.4	11:48	2.1	5:57	5:35	
11	Sat	6:10	9.3	6:55	8.6			12:33	1.4	5:56	5:36	
12	Sun	7:07	9.5	7:47	8.9	12:45	1.9	1:26	1.1	5:54	5:38	
13	Mon	7:58	9.8	8:33	9.2	1:38	1.6	2:15	0.8	5:52	5:39	
14	Tue	8:44	10.2	9:15	9.7	2:27	1.2	2:59	0.4	5:50	5:40	
15	Wed	9:26	10.5	9:53	10.2	3:12	0.7	3:41	0.1	5:48	5:41	
16	Thu	10:07	10.8	10:30	10.7	3:56	0.2	4:21	-0.2	5:47	5:43	
17	Fri	10:49	11.1	11:09	11.1	4:39	-0.3	5:02	-0.5	5:45	5:44	
18	Sat	11:32	11.2	11:51	11.5	5:23	-0.7	5:44	-0.6	5:43	5:45	
19	Sun			12:17	11.2	6:09	-1.0	6:28	-0.6	5:41	5:46	
20	Mon	12:35	11.7	1:06	11.0	6:58	-1.1	7:15	-0.4	5:39	5:48	
21	Tue	1:24	11.7	1:59	10.8	7:50	-1.0	8:07	-0.1	5:38	5:49	
22	Wed	2:18	11.6	2:59	10.4	8:47	-0.8	9:05	0.2	5:36	5:50	
23	Thu	3:18	11.3	4:05	10.1	9:49	-0.6	10:08	0.5	5:34	5:51	
24	Fri	4:26	11.1	5:17	10.0	10:55	-0.4	11:15	0.6	5:32	5:53	
25	Sat	5:38	10.9	6:26	10.0			12:02	-0.3	5:30	5:54	
26	Sun	6:47	10.9	7:29	10.3	12:24	0.6	1:07	-0.3	5:28	5:55	
27	Mon	7:50	11.1	8:26	10.6	1:29	0.3	2:06	-0.4	5:27	5:56	
28	Tue	8:48	11.2	9:18	10.9	2:29	0.0	3:00	-0.5	5:25	5:57	
29	Wed	9:40	11.2	10:06	11.0	3:23	-0.2	3:49	-0.5	5:23	5:59	
30	Thu	10:28	11.1	10:50	11.1	4:12	-0.4	4:33	-0.3	5:21	6:00	
31	Fri	11:13	10.8	11:31	11.0	4:56	-0.4	5:14	-0.1	5:19	6:01	