

































Rockland, ME - Jan 1996

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	7:38	10.7	8:10	9.5	1:14	0.8	1:57	0.3	7:11	4:08	
2	Tue	8:29	10.7	9:01	9.5	2:07	0.9	2:48	0.3	7:11	4:09	
3	Wed	9:15	10.7	9:48	9.4	2:55	1.1	3:34	0.2	7:11	4:09	
4	Thu	9:58	10.6	10:31	9.4	3:39	1.1	4:16	0.2	7:11	4:10	
5	Fri	10:37	10.6	11:11	9.4	4:19	1.2	4:55	0.1	7:11	4:11	
6	Sat	11:13	10.5	11:48	9.4	4:56	1.2	5:31	0.2	7:11	4:12	
7	Sun	11:45	10.4			5:32	1.2	6:05	0.2	7:11	4:13	
8	Mon	12:20	9.4	12:15	10.3	6:08	1.3	6:40	0.3	7:10	4:15	
9	Tue	12:51	9.4	12:47	10.2	6:45	1.3	7:15	0.4	7:10	4:16	
10	Wed	1:22	9.4	1:24	10.0	7:24	1.3	7:52	0.5	7:10	4:17	
11	Thu	1:58	9.5	2:06	9.9	8:07	1.3	8:32	0.6	7:10	4:18	
12	Fri	2:40	9.6	2:53	9.7	8:54	1.3	9:17	0.7	7:09	4:19	
13	Sat	3:26	9.8	3:46	9.5	9:46	1.2	10:07	0.8	7:09	4:20	
14	Sun	4:18	10.0	4:44	9.4	10:44	1.0	11:02	0.8	7:08	4:21	
15	Mon	5:15	10.3	5:48	9.4	11:45	0.6			7:08	4:23	
16	Tue	6:15	10.7	6:55	9.7	12:00	0.7	12:47	0.1	7:07	4:24	
17	Wed	7:17	11.2	8:00	10.0	1:00	0.5	1:48	-0.5	7:07	4:25	
18	Thu	8:17	11.8	9:01	10.5	2:00	0.2	2:47	-1.1	7:06	4:26	
19	Fri	9:16	12.3	9:58	11.0	2:58	-0.2	3:43	-1.6	7:06	4:28	
20	Sat	10:12	12.7	10:53	11.3	3:55	-0.6	4:36	-2.0	7:05	4:29	
21	Sun	11:06	12.8	11:45	11.6	4:49	-0.9	5:29	-2.1	7:04	4:30	
22	Mon			12:00	12.7	5:44	-1.1	6:20	-2.1	7:03	4:31	
23	Tue	12:38	11.7	12:53	12.4	6:38	-1.0	7:11	-1.8	7:03	4:33	
24	Wed	1:30	11.6	1:48	11.9	7:32	-0.8	8:02	-1.3	7:02	4:34	
25	Thu	2:23	11.4	2:44	11.2	8:28	-0.5	8:55	-0.7	7:01	4:35	
26	Fri	3:18	11.1	3:43	10.5	9:26	-0.1	9:49	0.0	7:00	4:37	
27	Sat	4:15	10.7	4:44	9.9	10:26	0.3	10:46	0.5	6:59	4:38	
28	Sun	5:13	10.5	5:45	9.4	11:28	0.6	11:43	1.0	6:58	4:39	
29	Mon	6:11	10.3	6:45	9.2			12:28	0.8	6:57	4:41	
30	Tue	7:06	10.2	7:41	9.1	12:41	1.3	1:26	0.8	6:56	4:42	
31	Wed	7:59	10.2	8:33	9.1	1:36	1.4	2:19	0.7	6:55	4:44	