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# Rockland, ME - Mar 1996

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Fri | **8:15** | 9.9 | **8:48** | 9.1 | **1:53** | 1.6 | **2:31** | 0.8 | 6:12 | 5:24 | |
| 2 | Sat | **9:01** | 10.1 | **9:31** | 9.4 | **2:40** | 1.4 | **3:14** | 0.6 | 6:10 | 5:26 | |
| 3 | Sun | **9:43** | 10.2 | **10:10** | 9.6 | **3:24** | 1.1 | **3:54** | 0.5 | 6:08 | 5:27 | |
| 4 | Mon | **10:20** | 10.3 | **10:45** | 9.8 | **4:03** | 0.9 | **4:31** | 0.3 | 6:07 | 5:28 | |
| 5 | Tue | **10:54** | 10.4 | **11:16** | 10.0 | **4:41** | 0.6 | **5:05** | 0.2 | 6:05 | 5:30 | |
| 6 | Wed | **11:27** | 10.5 | **11:46** | 10.3 | **5:18** | 0.4 | **5:39** | 0.2 | 6:03 | 5:31 | |
| 7 | Thu | | | **12:01** | 10.5 | **5:55** | 0.2 | **6:15** | 0.2 | 6:01 | 5:32 | |
| 8 | Fri | **12:19** | 10.5 | **12:38** | 10.4 | **6:34** | 0.1 | **6:52** | 0.2 | 6:00 | 5:34 | |
| 9 | Sat | **12:57** | 10.6 | **1:21** | 10.3 | **7:17** | 0.0 | **7:34** | 0.3 | 5:58 | 5:35 | |
| 10 | Sun | **1:40** | 10.7 | **2:08** | 10.1 | **8:04** | 0.0 | **8:21** | 0.5 | 5:56 | 5:36 | |
| 11 | Mon | **2:28** | 10.7 | **3:02** | 9.9 | **8:57** | 0.0 | **9:14** | 0.7 | 5:54 | 5:37 | |
| 12 | Tue | **3:23** | 10.7 | **4:03** | 9.7 | **9:56** | 0.1 | **10:13** | 0.8 | 5:53 | 5:39 | |
| 13 | Wed | **4:25** | 10.7 | **5:13** | 9.7 | **11:00** | 0.0 | **11:19** | 0.8 | 5:51 | 5:40 | |
| 14 | Thu | **5:34** | 10.8 | **6:25** | 9.9 | | | **12:07** | -0.2 | 5:49 | 5:41 | |
| 15 | Fri | **6:46** | 11.0 | **7:33** | 10.3 | **12:27** | 0.6 | **1:12** | -0.5 | 5:47 | 5:42 | |
| 16 | Sat | **7:53** | 11.4 | **8:33** | 10.8 | **1:32** | 0.2 | **2:13** | -0.8 | 5:45 | 5:44 | |
| 17 | Sun | **8:53** | 11.7 | **9:28** | 11.3 | **2:33** | -0.3 | **3:09** | -1.1 | 5:43 | 5:45 | |
| 18 | Mon | **9:49** | 12.0 | **10:19** | 11.6 | **3:30** | -0.8 | **4:01** | -1.3 | 5:42 | 5:46 | |
| 19 | Tue | **10:41** | 12.0 | **11:07** | 11.8 | **4:23** | -1.1 | **4:50** | -1.3 | 5:40 | 5:47 | |
| 20 | Wed | **11:31** | 11.8 | **11:54** | 11.8 | **5:14** | -1.2 | **5:37** | -1.1 | 5:38 | 5:49 | |
| 21 | Thu | | | **12:19** | 11.4 | **6:02** | -1.1 | **6:23** | -0.7 | 5:36 | 5:50 | |
| 22 | Fri | **12:39** | 11.6 | **1:07** | 10.9 | **6:50** | -0.9 | **7:08** | -0.2 | 5:34 | 5:51 | |
| 23 | Sat | **1:24** | 11.2 | **1:55** | 10.4 | **7:37** | -0.5 | **7:53** | 0.4 | 5:32 | 5:52 | |
| 24 | Sun | **2:10** | 10.7 | **2:44** | 9.8 | **8:25** | 0.0 | **8:40** | 0.9 | 5:31 | 5:53 | |
| 25 | Mon | **2:57** | 10.2 | **3:36** | 9.3 | **9:16** | 0.5 | **9:30** | 1.4 | 5:29 | 5:55 | |
| 26 | Tue | **3:49** | 9.8 | **4:32** | 8.9 | **10:09** | 0.9 | **10:24** | 1.8 | 5:27 | 5:56 | |
| 27 | Wed | **4:46** | 9.5 | **5:30** | 8.7 | **11:05** | 1.2 | **11:21** | 2.0 | 5:25 | 5:57 | |
| 28 | Thu | **5:45** | 9.3 | **6:27** | 8.7 | | | **12:02** | 1.3 | 5:23 | 5:58 | |
| 29 | Fri | **6:42** | 9.4 | **7:20** | 8.9 | **12:19** | 1.9 | **12:57** | 1.2 | 5:22 | 6:00 | |
| 30 | Sat | **7:35** | 9.5 | **8:09** | 9.2 | **1:14** | 1.7 | **1:47** | 1.0 | 5:20 | 6:01 | |
| 31 | Sun | **8:23** | 9.7 | **8:52** | 9.5 | **2:04** | 1.4 | **2:32** | 0.8 | 5:18 | 6:02 | |