US HARBORS www.USHarbors.com

Rockland, ME - Jul 1996

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	**11:39**	10.8	**11:49**	12.5	**5:26**	-1.6	**5:36**	-0.5	4:57	8:23	
2	Tue			**12:32**	11.1	**6:18**	-1.9	**6:30**	-0.7	4:57	8:23	
3	Wed	**12:43**	12.6	**1:26**	11.3	**7:10**	-2.0	**7:25**	-0.7	4:58	8:22	
4	Thu	**1:38**	12.5	**2:20**	11.4	**8:03**	-1.9	**8:21**	-0.7	4:59	8:22	
5	Fri	**2:35**	12.2	**3:17**	11.4	**8:57**	-1.7	**9:20**	-0.5	4:59	8:22	
6	Sat	**3:34**	11.7	**4:15**	11.3	**9:52**	-1.2	**10:21**	-0.3	5:00	8:22	
7	Sun	**4:36**	11.1	**5:15**	11.2	**10:49**	-0.7	**11:24**	-0.1	5:01	8:21	
8	Mon	**5:40**	10.6	**6:15**	11.1	**11:48**	-0.3			5:01	8:21	
9	Tue	**6:45**	10.2	**7:14**	11.0	**12:28**	0.1	**12:47**	0.2	5:02	8:20	
10	Wed	**7:46**	9.8	**8:11**	10.9	**1:30**	0.1	**1:46**	0.5	5:03	8:20	
11	Thu	**8:45**	9.7	**9:04**	10.9	**2:30**	0.1	**2:41**	0.8	5:04	8:19	
12	Fri	**9:39**	9.6	**9:54**	10.8	**3:25**	0.1	**3:33**	0.9	5:05	8:19	
13	Sat	**10:28**	9.5	**10:40**	10.7	**4:14**	0.1	**4:21**	1.0	5:05	8:18	
14	Sun	**11:14**	9.5	**11:23**	10.7	**5:00**	0.1	**5:04**	1.1	5:06	8:17	
15	Mon	**11:57**	9.5			**5:41**	0.1	**5:44**	1.2	5:07	8:17	
16	Tue	**12:02**	10.5	**12:36**	9.4	**6:19**	0.2	**6:22**	1.2	5:08	8:16	
17	Wed	**12:37**	10.4	**1:11**	9.4	**6:54**	0.2	**6:58**	1.3	5:09	8:15	
18	Thu	**1:09**	10.3	**1:44**	9.4	**7:29**	0.3	**7:35**	1.3	5:10	8:14	
19	Fri	**1:40**	10.1	**2:14**	9.4	**8:04**	0.4	**8:13**	1.3	5:11	8:14	
20	Sat	**2:14**	9.9	**2:47**	9.4	**8:40**	0.6	**8:54**	1.3	5:12	8:13	
21	Sun	**2:53**	9.8	**3:25**	9.5	**9:18**	0.7	**9:38**	1.3	5:13	8:12	
22	Mon	**3:37**	9.6	**4:08**	9.6	**10:00**	0.9	**10:27**	1.3	5:14	8:11	
23	Tue	**4:25**	9.4	**4:56**	9.8	**10:46**	1.0	**11:20**	1.1	5:15	8:10	
24	Wed	**5:20**	9.3	**5:48**	10.0	**11:37**	1.0			5:16	8:09	
25	Thu	**6:19**	9.2	**6:45**	10.4	**12:18**	0.9	**12:32**	1.0	5:17	8:08	
26	Fri	**7:22**	9.4	**7:45**	10.8	**1:18**	0.5	**1:30**	0.8	5:18	8:07	
27	Sat	**8:27**	9.7	**8:45**	11.4	**2:18**	0.0	**2:29**	0.5	5:19	8:06	
28	Sun	**9:28**	10.1	**9:44**	11.9	**3:16**	-0.6	**3:27**	0.1	5:20	8:05	
29	Mon	**10:26**	10.6	**10:40**	12.3	**4:13**	-1.2	**4:24**	-0.4	5:21	8:04	
30	Tue	**11:21**	11.1	**11:36**	12.6	**5:07**	-1.7	**5:20**	-0.8	5:22	8:02	
31	Wed			**12:15**	11.5	**5:59**	-2.0	**6:14**	-1.1	5:23	8:01	