



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	☉