US HARBORS www.USHarbors.com

Rockland, ME - Aug 1996

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	12:30	12.7	1:07	11.7	6:51	-2.0	7:09	-1.2	5:24	8:00	
2	Fri	1:24	12.5	2:00	11.8	7:43	-1.9	8:04	-1.1	5:25	7:59	
3	Sat	2:20	12.1	2:54	11.7	8:35	-1.5	9:00	-0.9	5:27	7:58	
4	Sun	3:16	11.6	3:49	11.5	9:28	-1.0	9:59	-0.5	5:28	7:56	
5	Mon	4:15	10.9	4:47	11.1	10:23	-0.4	10:59	-0.1	5:29	7:55	
6	Tue	5:17	10.3	5:46	10.8	11:20	0.2			5:30	7:54	
7	Wed	6:19	9.8	6:45	10.6	12:01	0.2	12:19	0.7	5:31	7:52	
8	Thu	7:21	9.5	7:43	10.4	1:03	0.4	1:18	1.0	5:32	7:51	
9	Fri	8:19	9.3	8:38	10.4	2:03	0.5	2:15	1.2	5:33	7:49	
10	Sat	9:13	9.3	9:29	10.4	2:58	0.5	3:08	1.2	5:34	7:48	
11	Sun	10:02	9.3	10:15	10.4	3:48	0.4	3:56	1.2	5:36	7:46	
12	Mon	10:47	9.4	10:58	10.4	4:32	0.4	4:39	1.1	5:37	7:45	
13	Tue	11:28	9.5	11:37	10.4	5:13	0.3	5:19	1.1	5:38	7:43	
14	Wed			12:06	9.6	5:50	0.3	5:56	1.0	5:39	7:42	
15	Thu	12:12	10.4	12:39	9.6	6:24	0.3	6:32	0.9	5:40	7:40	
16	Fri	12:43	10.3	1:09	9.7	6:58	0.4	7:07	0.9	5:41	7:39	
17	Sat	1:13	10.2	1:37	9.8	7:31	0.4	7:44	0.9	5:42	7:37	
18	Sun	1:46	10.0	2:09	9.9	8:05	0.6	8:23	0.8	5:44	7:36	
19	Mon	2:24	9.9	2:47	9.9	8:43	0.7	9:06	0.8	5:45	7:34	
20	Tue	3:08	9.7	3:31	10.0	9:24	0.8	9:55	0.8	5:46	7:32	
21	Wed	3:56	9.5	4:20	10.1	10:11	1.0	10:49	0.7	5:47	7:31	
22	Thu	4:51	9.4	5:16	10.3	11:05	1.0	11:49	0.6	5:48	7:29	
23	Fri	5:53	9.3	6:17	10.5			12:04	1.0	5:49	7:27	
24	Sat	7:00	9.5	7:22	10.9	12:52	0.3	1:07	0.8	5:50	7:26	
25	Sun	8:08	9.8	8:27	11.3	1:55	-0.2	2:11	0.4	5:52	7:24	
26	Mon	9:12	10.4	9:30	11.8	2:56	-0.7	3:12	-0.1	5:53	7:22	
27	Tue	10:10	10.9	10:28	12.2	3:53	-1.2	4:10	-0.6	5:54	7:21	
28	Wed	11:04	11.4	11:23	12.5	4:48	-1.6	5:06	-1.1	5:55	7:19	
29	Thu	11:56	11.8			5:40	-1.8	6:00	-1.4	5:56	7:17	
30	Fri	12:16	12.5	12:46	12.0	6:30	-1.8	6:52	-1.5	5:57	7:15	
31	Sat	1:09	12.2	1:37	12.0	7:20	-1.5	7:45	-1.3	5:58	7:14	