
































## Rockland, ME - Nov 1996

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	2:48	9.3	2:52	9.9	8:38	1.5	9:15	0.6	6:13	4:26	
2	Sat	3:40	9.0	3:44	9.5	9:30	1.8	10:07	0.9	6:15	4:24	
3	Sun	4:35	8.9	4:42	9.3	10:26	2.0	11:00	1.1	6:16	4:23	
4	Mon	5:29	8.9	5:40	9.1	11:23	2.0	11:53	1.2	6:17	4:22	
5	Tue	6:22	9.1	6:36	9.2			12:19	1.8	6:19	4:21	
6	Wed	7:10	9.3	7:27	9.3	12:44	1.2	1:11	1.5	6:20	4:19	
7	Thu	7:54	9.7	8:14	9.5	1:31	1.0	1:59	1.1	6:21	4:18	
8	Fri	8:35	10.1	8:58	9.7	2:15	0.9	2:44	0.6	6:23	4:17	
9	Sat	9:12	10.4	9:38	9.9	2:56	0.7	3:26	0.2	6:24	4:16	
10	Sun	9:47	10.8	10:17	10.1	3:36	0.6	4:07	-0.2	6:25	4:15	
11	Mon	10:24	11.1	10:57	10.2	4:16	0.4	4:49	-0.6	6:27	4:14	
12	Tue	11:04	11.4	11:40	10.3	4:57	0.3	5:31	-0.8	6:28	4:12	
13	Wed	11:47	11.5			5:40	0.3	6:17	-1.0	6:29	4:11	
14	Thu	12:25	10.4	12:33	11.6	6:27	0.3	7:05	-1.0	6:31	4:10	
15	Fri	1:15	10.3	1:25	11.5	7:18	0.3	7:58	-0.9	6:32	4:09	
16	Sat	2:10	10.3	2:21	11.3	8:13	0.4	8:54	-0.8	6:33	4:08	
17	Sun	3:10	10.3	3:24	11.0	9:14	0.5	9:54	-0.6	6:34	4:08	
18	Mon	4:15	10.4	4:33	10.8	10:20	0.5	10:56	-0.4	6:36	4:07	
19	Tue	5:22	10.6	5:44	10.6	11:28	0.3	11:59	-0.4	6:37	4:06	
20	Wed	6:26	10.9	6:52	10.6			12:34	0.0	6:38	4:05	
21	Thu	7:25	11.2	7:54	10.7	12:59	-0.4	1:37	-0.4	6:40	4:04	
22	Fri	8:20	11.6	8:51	10.7	1:57	-0.3	2:34	-0.7	6:41	4:04	
23	Sat	9:11	11.7	9:44	10.7	2:50	-0.3	3:27	-0.9	6:42	4:03	
24	Sun	10:00	11.8	10:33	10.6	3:40	-0.2	4:17	-1.0	6:43	4:02	
25	Mon	10:45	11.7	11:21	10.4	4:27	0.0	5:03	-0.9	6:44	4:02	
26	Tue	11:29	11.4			5:12	0.3	5:47	-0.7	6:46	4:01	
27	Wed	12:06	10.1	12:10	11.1	5:55	0.7	6:30	-0.4	6:47	4:01	
28	Thu	12:49	9.8	12:50	10.7	6:37	1.0	7:11	-0.1	6:48	4:00	
29	Fri	1:32	9.5	1:29	10.3	7:19	1.3	7:53	0.3	6:49	4:00	
30	Sat	2:14	9.3	2:10	9.9	8:03	1.6	8:37	0.6	6:50	3:59	