US HARBORS www.USHarbors.com

Rockland, ME - Dec 1996

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	2:58	9.1	2:55	9.5	8:50	1.8	9:22	0.9	6:51	3:59	
2	Mon	3:45	9.0	3:44	9.2	9:40	1.9	10:10	1.1	6:53	3:59	
3	Tue	4:35	9.0	4:39	9.0	10:34	1.9	11:00	1.2	6:54	3:58	
4	Wed	5:25	9.1	5:37	8.9	11:30	1.8	11:50	1.3	6:55	3:58	
5	Thu	6:15	9.4	6:34	9.0			12:25	1.5	6:56	3:58	
6	Fri	7:02	9.7	7:27	9.2	12:40	1.2	1:17	1.1	6:57	3:58	
7	Sat	7:47	10.1	8:17	9.4	1:28	1.1	2:06	0.6	6:58	3:58	
8	Sun	8:30	10.6	9:04	9.7	2:15	0.9	2:53	0.1	6:59	3:58	
9	Mon	9:13	11.1	9:49	10.0	3:00	0.6	3:39	-0.5	6:59	3:58	
10	Tue	9:56	11.5	10:35	10.3	3:46	0.4	4:25	-0.9	7:00	3:58	
11	Wed	10:42	11.9	11:22	10.6	4:32	0.1	5:12	-1.3	7:01	3:58	
12	Thu	11:29	12.1			5:20	-0.1	6:00	-1.5	7:02	3:58	
13	Fri	12:11	10.7	12:20	12.1	6:11	-0.2	6:50	-1.5	7:03	3:58	
14	Sat	1:03	10.8	1:13	12.0	7:04	-0.2	7:42	-1.4	7:04	3:58	
15	Sun	1:58	10.9	2:10	11.7	8:01	-0.1	8:37	-1.2	7:04	3:58	
16	Mon	2:57	10.9	3:12	11.2	9:01	0.0	9:35	-0.9	7:05	3:59	
17	Tue	3:59	10.9	4:20	10.8	10:06	0.1	10:36	-0.5	7:06	3:59	
18	Wed	5:03	11.0	5:29	10.5	11:12	0.1	11:37	-0.2	7:06	3:59	
19	Thu	6:05	11.1	6:35	10.3			12:18	0.0	7:07	4:00	
20	Fri	7:05	11.2	7:38	10.2	12:38	0.0	1:21	-0.2	7:07	4:00	
21	Sat	8:01	11.4	8:35	10.2	1:37	0.2	2:20	-0.4	7:08	4:01	
22	Sun	8:53	11.4	9:28	10.1	2:31	0.3	3:13	-0.5	7:08	4:01	
23	Mon	9:42	11.4	10:17	10.1	3:22	0.4	4:02	-0.6	7:09	4:02	
24	Tue	10:28	11.3	11:03	10.0	4:09	0.6	4:47	-0.5	7:09	4:02	
25	Wed	11:10	11.1	11:46	9.8	4:52	0.7	5:28	-0.4	7:10	4:03	
26	Thu	11:49	10.8			5:33	0.9	6:07	-0.2	7:10	4:04	
27	Fri	12:26	9.6	12:25	10.5	6:12	1.1	6:45	0.0	7:10	4:04	
28	Sat	1:03	9.5	12:59	10.2	6:50	1.3	7:22	0.3	7:10	4:05	
29	Sun	1:39	9.3	1:34	10.0	7:30	1.5	8:00	0.5	7:11	4:06	
30	Mon	2:15	9.2	2:13	9.7	8:12	1.6	8:40	0.8	7:11	4:07	
31	Tue	2:53	9.2	2:56	9.4	8:58	1.7	9:25	1.0	7:11	4:07	