US HARBORS www.USHarbors.com

Rockland, ME - Jan 1997

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	3:38	9.2	3:47	9.1	9:49	1.8	10:12	1.2	7:11	4:08	
2	Thu	4:25	9.2	4:41	8.9	10:42	1.7	11:01	1.3	7:11	4:09	
3	Fri	5:16	9.4	5:39	8.9	11:39	1.5	11:53	1.3	7:11	4:10	
4	Sat	6:09	9.8	6:39	9.0			12:35	1.1	7:11	4:11	
5	Sun	7:01	10.2	7:38	9.3	12:46	1.2	1:30	0.6	7:11	4:12	
6	Mon	7:53	10.7	8:33	9.7	1:39	0.9	2:23	0.0	7:11	4:13	
7	Tue	8:44	11.3	9:25	10.1	2:31	0.6	3:14	-0.6	7:10	4:14	
8	Wed	9:35	11.8	10:16	10.6	3:22	0.2	4:04	-1.2	7:10	4:15	
9	Thu	10:25	12.3	11:07	10.9	4:13	-0.2	4:54	-1.6	7:10	4:16	
10	Fri	11:16	12.5	11:57	11.2	5:04	-0.5	5:44	-1.9	7:10	4:18	
11	Sat			12:09	12.6	5:57	-0.7	6:35	-2.0	7:09	4:19	
12	Sun	12:49	11.4	1:03	12.4	6:51	-0.8	7:26	-1.8	7:09	4:20	
13	Mon	1:43	11.5	1:59	12.0	7:47	-0.7	8:20	-1.5	7:08	4:21	
14	Tue	2:40	11.4	3:00	11.4	8:46	-0.5	9:16	-1.0	7:08	4:22	
15	Wed	3:39	11.3	4:04	10.8	9:48	-0.3	10:14	-0.5	7:07	4:23	
16	Thu	4:41	11.2	5:11	10.3	10:53	-0.1	11:15	0.0	7:07	4:25	
17	Fri	5:43	11.0	6:16	10.0	11:59	0.0			7:06	4:26	
18	Sat	6:44	11.0	7:19	9.8	12:17	0.4	1:02	0.0	7:06	4:27	
19	Sun	7:41	11.0	8:17	9.7	1:17	0.6	2:02	0.0	7:05	4:29	
20	Mon	8:35	11.0	9:10	9.7	2:13	0.7	2:55	-0.1	7:04	4:30	
21	Tue	9:24	10.9	9:58	9.7	3:04	0.8	3:44	-0.1	7:04	4:31	
22	Wed	10:09	10.9	10:42	9.7	3:51	0.9	4:27	-0.1	7:03	4:32	
23	Thu	10:51	10.8	11:23	9.7	4:33	0.9	5:07	0.0	7:02	4:34	
24	Fri	11:28	10.6			5:12	1.0	5:44	0.1	7:01	4:35	
25	Sat	12:00	9.6	12:02	10.4	5:48	1.1	6:18	0.2	7:00	4:36	
26	Sun	12:34	9.5	12:34	10.2	6:24	1.1	6:52	0.4	6:59	4:38	
27	Mon	1:05	9.5	1:05	10.0	7:01	1.2	7:27	0.5	6:58	4:39	
28	Tue	1:35	9.5	1:40	9.8	7:40	1.3	8:03	0.7	6:57	4:41	
29	Wed	2:10	9.5	2:21	9.5	8:21	1.3	8:43	1.0	6:56	4:42	
30	Thu	2:49	9.5	3:06	9.3	9:07	1.4	9:27	1.1	6:55	4:43	
31	Fri	3:35	9.6	3:58	9.1	9:59	1.3	10:15	1.3	6:54	4:45	