































Rockland, ME - Mar 1997

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	2:57	9.9	3:26	9.3	9:24	0.9	9:40	1.3	6:12	5:24	
2	Sun	3:48	10.0	4:24	9.2	10:20	0.8	10:36	1.3	6:11	5:25	
3	Mon	4:46	10.1	5:28	9.2	11:22	0.6	11:37	1.2	6:09	5:27	
4	Tue	5:49	10.4	6:36	9.5			12:25	0.3	6:07	5:28	
5	Wed	6:55	10.8	7:42	10.0	12:41	0.9	1:27	-0.2	6:05	5:29	
6	Thu	7:59	11.4	8:42	10.6	1:43	0.3	2:26	-0.8	6:04	5:31	
7	Fri	8:59	11.9	9:37	11.2	2:43	-0.3	3:21	-1.3	6:02	5:32	
8	Sat	9:55	12.3	10:29	11.8	3:39	-0.9	4:13	-1.7	6:00	5:33	
9	Sun	10:49	12.5	11:19	12.1	4:33	-1.4	5:04	-1.9	5:58	5:34	
10	Mon	11:42	12.5			5:26	-1.7	5:54	-1.8	5:57	5:36	
11	Tue	12:09	12.3	12:35	12.2	6:19	-1.7	6:44	-1.5	5:55	5:37	
12	Wed	1:00	12.2	1:29	11.7	7:12	-1.5	7:34	-1.0	5:53	5:38	
13	Thu	1:52	11.9	2:24	11.1	8:06	-1.1	8:27	-0.4	5:51	5:40	
14	Fri	2:46	11.4	3:22	10.4	9:03	-0.6	9:22	0.3	5:49	5:41	
15	Sat	3:44	10.9	4:24	9.8	10:02	-0.1	10:21	0.9	5:48	5:42	
16	Sun	4:45	10.4	5:26	9.4	11:04	0.4	11:22	1.3	5:46	5:43	
17	Mon	5:47	10.1	6:27	9.2			12:06	0.6	5:44	5:45	
18	Tue	6:46	10.0	7:24	9.2	12:24	1.4	1:05	0.7	5:42	5:46	
19	Wed	7:41	10.0	8:15	9.4	1:22	1.4	1:58	0.7	5:40	5:47	
20	Thu	8:32	10.0	9:02	9.5	2:14	1.3	2:46	0.6	5:38	5:48	
21	Fri	9:18	10.1	9:45	9.7	3:01	1.1	3:29	0.6	5:37	5:49	
22	Sat	10:00	10.2	10:23	9.9	3:42	0.9	4:07	0.5	5:35	5:51	
23	Sun	10:38	10.2	10:57	10.0	4:21	0.7	4:42	0.5	5:33	5:52	
24	Mon	11:12	10.2	11:27	10.1	4:57	0.6	5:15	0.5	5:31	5:53	
25	Tue	11:43	10.1	11:54	10.2	5:32	0.4	5:48	0.6	5:29	5:54	
26	Wed			12:13	10.0	6:07	0.4	6:22	0.7	5:27	5:56	
27	Thu	12:24	10.2	12:48	9.9	6:44	0.3	6:58	0.8	5:26	5:57	
28	Fri	1:00	10.3	1:27	9.7	7:24	0.3	7:37	0.9	5:24	5:58	
29	Sat	1:41	10.3	2:13	9.6	8:09	0.3	8:22	1.1	5:22	5:59	
30	Sun	2:28	10.3	3:04	9.5	8:59	0.3	9:14	1.2	5:20	6:00	
31	Mon	3:21	10.3	4:03	9.4	9:55	0.3	10:13	1.2	5:18	6:02	