US HARBORS www.USHarbors.com

Rockland, ME - Dec 1999

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	5:43	10.4	6:04	10.3	11:48	0.7			6:51	3:59	
2	Thu	6:42	10.5	7:05	10.1	12:17	0.0	12:50	0.6	6:52	3:59	
3	Fri	7:35	10.6	8:01	10.0	1:13	0.3	1:47	0.4	6:53	3:59	
4	Sat	8:25	10.7	8:52	9.9	2:05	0.4	2:39	0.3	6:54	3:58	
5	Sun	9:11	10.7	9:39	9.8	2:52	0.6	3:26	0.2	6:55	3:58	
6	Mon	9:53	10.7	10:23	9.7	3:34	0.8	4:08	0.1	6:56	3:58	
7	Tue	10:31	10.6	11:04	9.5	4:14	1.0	4:47	0.1	6:57	3:58	
8	Wed	11:06	10.5	11:42	9.4	4:51	1.2	5:24	0.1	6:58	3:58	
9	Thu	11:38	10.3			5:26	1.3	6:00	0.2	6:59	3:58	
10	Fri	12:17	9.2	12:08	10.2	6:02	1.5	6:36	0.3	7:00	3:58	
11	Sat	12:50	9.1	12:41	10.1	6:39	1.6	7:13	0.4	7:01	3:58	
12	Sun	1:24	9.0	1:18	10.0	7:18	1.7	7:53	0.5	7:01	3:58	
13	Mon	2:01	9.0	2:00	9.8	8:00	1.8	8:35	0.6	7:02	3:58	
14	Tue	2:44	9.0	2:48	9.7	8:48	1.8	9:21	0.7	7:03	3:58	
15	Wed	3:32	9.2	3:40	9.6	9:40	1.7	10:11	0.7	7:04	3:58	
16	Thu	4:24	9.4	4:37	9.6	10:37	1.5	11:04	0.6	7:05	3:58	
17	Fri	5:19	9.8	5:38	9.7	11:36	1.1	11:59	0.5	7:05	3:59	
18	Sat	6:15	10.3	6:41	9.9			12:36	0.5	7:06	3:59	
19	Sun	7:11	10.9	7:43	10.2	12:54	0.3	1:35	-0.2	7:06	3:59	
20	Mon	8:05	11.6	8:43	10.6	1:50	0.0	2:32	-0.9	7:07	4:00	
21	Tue	9:00	12.1	9:40	10.9	2:44	-0.3	3:27	-1.5	7:08	4:00	
22	Wed	9:53	12.6	10:35	11.1	3:38	-0.5	4:21	-1.9	7:08	4:01	
23	Thu	10:46	12.8	11:30	11.2	4:32	-0.7	5:14	-2.2	7:09	4:01	
24	Fri	11:40	12.8			5:25	-0.7	6:07	-2.2	7:09	4:02	
25	Sat	12:25	11.2	12:35	12.6	6:20	-0.6	7:01	-2.0	7:09	4:02	
26	Sun	1:20	11.1	1:31	12.2	7:16	-0.4	7:56	-1.6	7:10	4:03	
27	Mon	2:17	10.9	2:29	11.6	8:13	-0.1	8:51	-1.1	7:10	4:04	
28	Tue	3:15	10.7	3:30	11.0	9:14	0.3	9:48	-0.5	7:10	4:04	
29	Wed	4:14	10.5	4:33	10.4	10:16	0.6	10:45	0.0	7:11	4:05	
30	Thu	5:12	10.3	5:35	9.9	11:19	0.8	11:42	0.5	7:11	4:06	
31	Fri	6:09	10.3	6:35	9.6			12:20	0.8	7:11	4:07	