US HARBORS www.USHarbors.com

Rockland, ME - Jan 2000

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	7:04	10.3	7:32	9.4	12:39	0.8	1:19	0.8	7:11	4:08	
2	Sun	7:54	10.3	8:25	9.3	1:31	1.0	2:11	0.6	7:11	4:09	
3	Mon	8:41	10.4	9:13	9.3	2:20	1.2	2:59	0.5	7:11	4:10	
4	Tue	9:24	10.4	9:58	9.2	3:04	1.3	3:43	0.4	7:11	4:10	
5	Wed	10:04	10.4	10:39	9.2	3:45	1.3	4:23	0.3	7:11	4:11	
6	Thu	10:41	10.4	11:18	9.2	4:24	1.4	5:01	0.2	7:11	4:12	
7	Fri	11:14	10.4	11:53	9.2	5:01	1.4	5:37	0.2	7:11	4:13	
8	Sat	11:46	10.4			5:37	1.4	6:12	0.2	7:10	4:15	
9	Sun	12:25	9.2	12:18	10.4	6:14	1.4	6:48	0.2	7:10	4:16	
10	Mon	12:57	9.2	12:54	10.3	6:52	1.4	7:25	0.3	7:10	4:17	
11	Tue	1:32	9.3	1:35	10.2	7:33	1.4	8:05	0.3	7:10	4:18	
12	Wed	2:12	9.5	2:20	10.1	8:18	1.3	8:49	0.4	7:09	4:19	
13	Thu	2:57	9.6	3:11	9.9	9:09	1.2	9:36	0.5	7:09	4:20	
14	Fri	3:47	9.9	4:07	9.8	10:05	1.0	10:29	0.6	7:08	4:21	
15	Sat	4:42	10.2	5:09	9.7	11:06	0.7	11:26	0.6	7:08	4:23	
16	Sun	5:41	10.5	6:16	9.7			12:09	0.3	7:07	4:24	
17	Mon	6:42	11.0	7:24	9.9	12:25	0.5	1:12	-0.2	7:07	4:25	
18	Tue	7:44	11.5	8:29	10.2	1:26	0.3	2:14	-0.8	7:06	4:26	
19	Wed	8:44	12.0	9:29	10.6	2:25	0.1	3:12	-1.3	7:06	4:28	
20	Thu	9:41	12.4	10:25	10.9	3:23	-0.2	4:08	-1.7	7:05	4:29	
21	Fri	10:36	12.6	11:19	11.1	4:19	-0.5	5:02	-2.0	7:04	4:30	
22	Sat	11:30	12.6			5:13	-0.6	5:54	-2.0	7:03	4:31	
23	Sun	12:12	11.2	12:23	12.4	6:07	-0.6	6:45	-1.7	7:03	4:33	
24	Mon	1:03	11.1	1:16	12.0	7:00	-0.4	7:35	-1.3	7:02	4:34	
25	Tue	1:55	11.0	2:09	11.4	7:54	-0.1	8:26	-0.8	7:01	4:35	
26	Wed	2:47	10.7	3:04	10.7	8:49	0.2	9:17	-0.2	7:00	4:37	
27	Thu	3:40	10.4	4:01	10.0	9:45	0.6	10:09	0.4	6:59	4:38	
28	Fri	4:35	10.2	5:00	9.5	10:44	0.9	11:03	1.0	6:58	4:40	
29	Sat	5:30	10.0	6:00	9.1	11:43	1.0	11:58	1.3	6:57	4:41	
30	Sun	6:25	9.9	6:58	8.9			12:41	1.1	6:56	4:42	
31	Mon	7:17	9.9	7:53	8.8	12:52	1.6	1:36	1.0	6:55	4:44	