

































## Rockland, ME - Mar 2000

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	7:29	9.6	8:08	8.7	1:05	2.0	1:48	1.1	6:12	5:25	
2	Thu	8:19	9.8	8:56	9.0	1:57	1.8	2:37	0.9	6:10	5:26	
3	Fri	9:04	10.0	9:38	9.3	2:44	1.6	3:21	0.6	6:08	5:27	
4	Sat	9:45	10.3	10:17	9.5	3:28	1.3	4:01	0.3	6:07	5:28	
5	Sun	10:22	10.5	10:51	9.8	4:08	0.9	4:38	0.1	6:05	5:30	
6	Mon	10:57	10.7	11:23	10.1	4:47	0.6	5:14	-0.1	6:03	5:31	
7	Tue	11:33	10.8	11:57	10.4	5:26	0.3	5:51	-0.2	6:01	5:32	
8	Wed			12:12	10.8	6:06	0.1	6:29	-0.2	6:00	5:34	
9	Thu	12:34	10.7	12:54	10.8	6:48	-0.1	7:10	-0.1	5:58	5:35	
10	Fri	1:16	10.9	1:40	10.6	7:35	-0.2	7:54	0.1	5:56	5:36	
11	Sat	2:02	10.9	2:32	10.3	8:26	-0.2	8:45	0.3	5:54	5:37	
12	Sun	2:54	10.9	3:31	9.9	9:23	-0.1	9:41	0.6	5:52	5:39	
13	Mon	3:53	10.8	4:38	9.7	10:26	-0.1	10:44	0.8	5:51	5:40	
14	Tue	4:59	10.8	5:52	9.6	11:33	-0.1	11:51	0.8	5:49	5:41	
15	Wed	6:11	10.9	7:04	9.8			12:41	-0.3	5:47	5:42	
16	Thu	7:21	11.1	8:07	10.2	12:59	0.7	1:46	-0.6	5:45	5:44	
17	Fri	8:25	11.4	9:05	10.6	2:04	0.3	2:45	-0.8	5:43	5:45	
18	Sat	9:22	11.7	9:57	11.0	3:03	-0.1	3:39	-1.0	5:42	5:46	
19	Sun	10:15	11.8	10:45	11.2	3:57	-0.4	4:28	-1.1	5:40	5:47	
20	Mon	11:04	11.7	11:31	11.3	4:47	-0.6	5:14	-1.0	5:38	5:49	
21	Tue	11:51	11.4			5:34	-0.6	5:58	-0.6	5:36	5:50	
22	Wed	12:14	11.2	12:36	11.0	6:20	-0.5	6:40	-0.2	5:34	5:51	
23	Thu	12:56	10.9	1:20	10.5	7:04	-0.2	7:21	0.3	5:32	5:52	
24	Fri	1:36	10.6	2:05	9.9	7:48	0.1	8:03	0.9	5:31	5:53	
25	Sat	2:17	10.2	2:51	9.4	8:34	0.5	8:47	1.4	5:29	5:55	
26	Sun	3:00	9.8	3:41	8.9	9:22	0.9	9:35	1.8	5:27	5:56	
27	Mon	3:49	9.4	4:37	8.6	10:14	1.2	10:28	2.1	5:25	5:57	
28	Tue	4:44	9.2	5:36	8.5	11:11	1.4	11:25	2.2	5:23	5:58	
29	Wed	5:44	9.2	6:34	8.5			12:08	1.4	5:21	6:00	
30	Thu	6:43	9.3	7:28	8.7	12:23	2.2	1:04	1.2	5:20	6:01	
31	Fri	7:37	9.5	8:15	9.1	1:18	1.9	1:54	1.0	5:18	6:02	