US HARBORS www.USHarbors.com

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	