US HARBORS www.USHarbors.com

Rockland, ME - Aug 2000

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	12:00	12.7	12:42	11.2	6:25	-2.0	6:38	-0.8	5:24	8:00	
2	Wed	12:55	12.6	1:34	11.3	7:17	-1.9	7:33	-0.7	5:25	7:59	
3	Thu	1:49	12.3	2:27	11.3	8:08	-1.6	8:27	-0.6	5:27	7:57	
4	Fri	2:44	11.8	3:20	11.1	9:00	-1.1	9:23	-0.3	5:28	7:56	
5	Sat	3:40	11.1	4:14	10.9	9:52	-0.5	10:21	0.1	5:29	7:55	
6	Sun	4:38	10.5	5:10	10.6	10:46	0.1	11:20	0.4	5:30	7:54	
7	Mon	5:38	9.9	6:06	10.3	11:41	0.6			5:31	7:52	
8	Tue	6:38	9.4	7:03	10.1	12:20	0.7	12:37	1.1	5:32	7:51	
9	Wed	7:37	9.1	7:57	10.1	1:20	0.8	1:33	1.4	5:33	7:49	
10	Thu	8:33	9.0	8:49	10.1	2:17	0.8	2:27	1.5	5:34	7:48	
11	Fri	9:25	9.0	9:38	10.1	3:10	0.7	3:17	1.5	5:36	7:46	
12	Sat	10:13	9.1	10:23	10.2	3:57	0.6	4:03	1.5	5:37	7:45	
13	Sun	10:57	9.2	11:04	10.3	4:41	0.5	4:45	1.4	5:38	7:43	
14	Mon	11:37	9.3	11:41	10.4	5:21	0.4	5:24	1.3	5:39	7:42	
15	Tue			12:13	9.4	5:58	0.3	6:01	1.1	5:40	7:40	
16	Wed	12:14	10.4	12:46	9.5	6:32	0.2	6:38	1.0	5:41	7:39	
17	Thu	12:46	10.4	1:15	9.6	7:07	0.2	7:14	0.9	5:42	7:37	
18	Fri	1:19	10.3	1:47	9.8	7:41	0.3	7:53	0.8	5:44	7:36	
19	Sat	1:56	10.3	2:23	9.9	8:18	0.3	8:35	0.8	5:45	7:34	
20	Sun	2:37	10.1	3:04	10.1	8:58	0.5	9:21	0.7	5:46	7:32	
21	Mon	3:24	9.9	3:50	10.2	9:42	0.6	10:13	0.6	5:47	7:31	
22	Tue	4:17	9.7	4:42	10.3	10:32	0.8	11:11	0.5	5:48	7:29	
23	Wed	5:16	9.5	5:41	10.5	11:28	0.9			5:49	7:27	
24	Thu	6:22	9.5	6:45	10.8	12:14	0.3	12:30	0.9	5:50	7:26	
25	Fri	7:32	9.6	7:51	11.1	1:19	0.0	1:34	0.7	5:52	7:24	
26	Sat	8:41	9.9	8:57	11.6	2:24	-0.5	2:38	0.4	5:53	7:22	
27	Sun	9:43	10.4	9:58	12.0	3:25	-0.9	3:38	0.0	5:54	7:21	
28	Mon	10:39	10.8	10:55	12.3	4:22	-1.3	4:36	-0.5	5:55	7:19	
29	Tue	11:32	11.2	11:49	12.4	5:15	-1.6	5:31	-0.8	5:56	7:17	
30	Wed			12:23	11.5	6:06	-1.7	6:23	-1.0	5:57	7:15	
31	Thu	12:41	12.3	1:12	11.5	6:55	-1.5	7:15	-0.9	5:58	7:14	