US HARBORS www.USHarbors.com

Rockland, ME - Nov 2000

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	2:07	9.3	2:05	9.9	7:56	1.6	8:32	0.6	6:13	4:26	
2	Thu	2:54	8.9	2:50	9.5	8:42	2.0	9:21	0.9	6:15	4:24	
3	Fri	3:46	8.7	3:42	9.3	9:34	2.2	10:14	1.2	6:16	4:23	
4	Sat	4:41	8.6	4:40	9.1	10:30	2.3	11:08	1.3	6:17	4:22	
5	Sun	5:37	8.6	5:41	9.1	11:28	2.2			6:19	4:20	
6	Mon	6:30	8.9	6:37	9.2	12:02	1.2	12:24	2.0	6:20	4:19	
7	Tue	7:17	9.2	7:29	9.4	12:52	1.1	1:16	1.5	6:21	4:18	
8	Wed	8:00	9.7	8:16	9.7	1:39	0.9	2:04	1.0	6:23	4:17	
9	Thu	8:40	10.2	9:00	10.0	2:23	0.6	2:49	0.5	6:24	4:16	
10	Fri	9:17	10.6	9:42	10.3	3:04	0.4	3:33	-0.1	6:25	4:15	
11	Sat	9:55	11.1	10:25	10.5	3:45	0.2	4:16	-0.6	6:27	4:13	
12	Sun	10:35	11.5	11:09	10.6	4:27	0.1	5:00	-1.0	6:28	4:12	
13	Mon	11:18	11.8	11:56	10.6	5:11	0.0	5:46	-1.2	6:29	4:11	
14	Tue			12:04	11.9	5:57	0.0	6:36	-1.3	6:31	4:10	
15	Wed	12:46	10.5	12:55	11.8	6:47	0.2	7:28	-1.2	6:32	4:09	
16	Thu	1:41	10.4	1:50	11.6	7:41	0.3	8:24	-1.1	6:33	4:08	
17	Fri	2:41	10.2	2:51	11.3	8:40	0.6	9:25	-0.8	6:34	4:08	
18	Sat	3:47	10.1	3:59	11.0	9:45	0.7	10:28	-0.6	6:36	4:07	
19	Sun	4:55	10.2	5:11	10.8	10:54	0.7	11:33	-0.4	6:37	4:06	
20	Mon	6:00	10.4	6:20	10.7			12:02	0.5	6:38	4:05	
21	Tue	7:00	10.7	7:24	10.6	12:35	-0.3	1:07	0.2	6:40	4:04	
22	Wed	7:56	11.1	8:22	10.6	1:33	-0.3	2:06	-0.2	6:41	4:04	
23	Thu	8:47	11.3	9:15	10.6	2:26	-0.2	3:01	-0.4	6:42	4:03	
24	Fri	9:35	11.4	10:05	10.5	3:16	-0.1	3:50	-0.6	6:43	4:02	
25	Sat	10:20	11.3	10:52	10.2	4:02	0.2	4:36	-0.6	6:45	4:02	
26	Sun	11:01	11.2	11:36	10.0	4:44	0.5	5:19	-0.5	6:46	4:01	
27	Mon	11:40	10.9			5:25	0.8	5:59	-0.3	6:47	4:01	
28	Tue	12:18	9.7	12:17	10.6	6:04	1.1	6:39	0.0	6:48	4:00	
29	Wed	12:58	9.4	12:52	10.3	6:43	1.5	7:19	0.3	6:49	4:00	
30	Thu	1:38	9.1	1:29	9.9	7:23	1.7	8:00	0.6	6:50	3:59	