


































Rockland, ME - Jan 2001

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|------|-------|------|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Mon | 3:00 | 8.9 | 3:03 | 9.4 | 9:03 | 1.9 | 9:33 | 1.0 | 7:11 | 4:08 |  |
| 2 | Tue | 3:45 | 9.0 | 3:53 | 9.2 | 9:54 | 1.9 | 10:20 | 1.1 | 7:11 | 4:09 |  |
| 3 | Wed | 4:33 | 9.2 | 4:49 | 9.1 | 10:50 | 1.7 | 11:11 | 1.2 | 7:11 | 4:10 |  |
| 4 | Thu | 5:24 | 9.5 | 5:48 | 9.1 | 11:47 | 1.3 | | | 7:11 | 4:11 |  |
| 5 | Fri | 6:18 | 10.0 | 6:50 | 9.2 | 12:03 | 1.1 | 12:45 | 0.8 | 7:11 | 4:12 |  |
| 6 | Sat | 7:12 | 10.5 | 7:50 | 9.5 | 12:57 | 1.0 | 1:42 | 0.2 | 7:11 | 4:13 |  |
| 7 | Sun | 8:05 | 11.1 | 8:48 | 9.9 | 1:51 | 0.8 | 2:37 | -0.4 | 7:10 | 4:14 |  |
| 8 | Mon | 8:59 | 11.7 | 9:43 | 10.3 | 2:45 | 0.4 | 3:30 | -1.0 | 7:10 | 4:15 |  |
| 9 | Tue | 9:52 | 12.2 | 10:37 | 10.6 | 3:38 | 0.1 | 4:23 | -1.5 | 7:10 | 4:16 |  |
| 10 | Wed | 10:45 | 12.5 | 11:30 | 10.9 | 4:31 | -0.2 | 5:15 | -1.9 | 7:10 | 4:18 |  |
| 11 | Thu | 11:38 | 12.7 | | | 5:25 | -0.4 | 6:07 | -2.0 | 7:09 | 4:19 |  |
| 12 | Fri | 12:23 | 11.1 | 12:33 | 12.6 | 6:19 | -0.5 | 7:00 | -1.9 | 7:09 | 4:20 |  |
| 13 | Sat | 1:17 | 11.1 | 1:29 | 12.2 | 7:15 | -0.5 | 7:53 | -1.6 | 7:08 | 4:21 |  |
| 14 | Sun | 2:13 | 11.1 | 2:27 | 11.7 | 8:13 | -0.3 | 8:48 | -1.2 | 7:08 | 4:22 |  |
| 15 | Mon | 3:10 | 11.0 | 3:29 | 11.1 | 9:13 | -0.1 | 9:44 | -0.6 | 7:07 | 4:23 |  |
| 16 | Tue | 4:09 | 10.9 | 4:33 | 10.5 | 10:16 | 0.1 | 10:42 | -0.1 | 7:07 | 4:25 |  |
| 17 | Wed | 5:09 | 10.8 | 5:37 | 10.0 | 11:21 | 0.3 | 11:41 | 0.4 | 7:06 | 4:26 |  |
| 18 | Thu | 6:08 | 10.7 | 6:40 | 9.6 | | | 12:24 | 0.4 | 7:06 | 4:27 |  |
| 19 | Fri | 7:05 | 10.6 | 7:40 | 9.4 | 12:40 | 0.8 | 1:25 | 0.4 | 7:05 | 4:29 |  |
| 20 | Sat | 7:59 | 10.6 | 8:34 | 9.3 | 1:36 | 1.0 | 2:20 | 0.3 | 7:04 | 4:30 |  |
| 21 | Sun | 8:49 | 10.6 | 9:25 | 9.3 | 2:28 | 1.2 | 3:11 | 0.2 | 7:04 | 4:31 |  |
| 22 | Mon | 9:35 | 10.6 | 10:11 | 9.3 | 3:16 | 1.3 | 3:56 | 0.2 | 7:03 | 4:32 |  |
| 23 | Tue | 10:18 | 10.5 | 10:53 | 9.3 | 3:59 | 1.3 | 4:38 | 0.2 | 7:02 | 4:34 |  |
| 24 | Wed | 10:57 | 10.5 | 11:32 | 9.3 | 4:39 | 1.3 | 5:16 | 0.2 | 7:01 | 4:35 |  |
| 25 | Thu | 11:32 | 10.4 | | | 5:16 | 1.4 | 5:51 | 0.3 | 7:00 | 4:36 |  |
| 26 | Fri | 12:07 | 9.2 | 12:04 | 10.3 | 5:52 | 1.4 | 6:26 | 0.3 | 6:59 | 4:38 |  |
| 27 | Sat | 12:39 | 9.2 | 12:35 | 10.2 | 6:28 | 1.4 | 7:00 | 0.4 | 6:58 | 4:39 |  |
| 28 | Sun | 1:09 | 9.2 | 1:08 | 10.0 | 7:05 | 1.4 | 7:35 | 0.6 | 6:57 | 4:41 |  |
| 29 | Mon | 1:41 | 9.3 | 1:46 | 9.8 | 7:45 | 1.4 | 8:12 | 0.7 | 6:56 | 4:42 |  |
| 30 | Tue | 2:18 | 9.4 | 2:29 | 9.6 | 8:28 | 1.4 | 8:52 | 0.9 | 6:55 | 4:43 |  |
| 31 | Wed | 3:00 | 9.5 | 3:17 | 9.4 | 9:16 | 1.3 | 9:37 | 1.1 | 6:54 | 4:45 |  |