US HARBORS www.USHarbors.com

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	