US HARBORS www.USHarbors.com

Rockland, ME - Mar 2001

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	**2:24**	10.0	**2:50**	9.5	**8:46**	0.7	**9:03**	1.1	6:12	5:24	
2	Fri	**3:12**	10.1	**3:44**	9.3	**9:40**	0.7	**9:55**	1.2	6:11	5:26	
3	Sat	**4:06**	10.2	**4:46**	9.2	**10:40**	0.6	**10:55**	1.3	6:09	5:27	
4	Sun	**5:07**	10.3	**5:56**	9.2	**11:45**	0.4			6:07	5:28	
5	Mon	**6:14**	10.6	**7:07**	9.5	**12:00**	1.2	**12:51**	0.0	6:05	5:29	
6	Tue	**7:22**	11.1	**8:13**	10.0	**1:05**	0.9	**1:54**	-0.5	6:04	5:31	
7	Wed	**8:27**	11.6	**9:11**	10.6	**2:09**	0.4	**2:53**	-1.0	6:02	5:32	
8	Thu	**9:26**	12.1	**10:05**	11.1	**3:08**	-0.2	**3:48**	-1.4	6:00	5:33	
9	Fri	**10:21**	12.4	**10:56**	11.6	**4:04**	-0.7	**4:40**	-1.7	5:58	5:35	
10	Sat	**11:14**	12.4	**11:45**	11.8	**4:57**	-1.1	**5:29**	-1.7	5:56	5:36	
11	Sun			**12:06**	12.2	**5:50**	-1.3	**6:17**	-1.5	5:55	5:37	
12	Mon	**12:33**	11.8	**12:57**	11.8	**6:41**	-1.2	**7:05**	-1.0	5:53	5:38	
13	Tue	**1:22**	11.6	**1:49**	11.1	**7:33**	-0.9	**7:54**	-0.4	5:51	5:40	
14	Wed	**2:11**	11.3	**2:43**	10.4	**8:25**	-0.5	**8:44**	0.3	5:49	5:41	
15	Thu	**3:03**	10.8	**3:40**	9.8	**9:20**	0.0	**9:37**	0.9	5:47	5:42	
16	Fri	**3:58**	10.3	**4:40**	9.2	**10:18**	0.5	**10:33**	1.5	5:46	5:43	
17	Sat	**4:57**	9.9	**5:41**	8.9	**11:18**	0.8	**11:33**	1.8	5:44	5:45	
18	Sun	**5:57**	9.7	**6:41**	8.8			**12:19**	1.0	5:42	5:46	
19	Mon	**6:56**	9.6	**7:36**	8.8	**12:33**	1.9	**1:17**	1.0	5:40	5:47	
20	Tue	**7:50**	9.7	**8:27**	9.0	**1:30**	1.9	**2:09**	0.9	5:38	5:48	
21	Wed	**8:39**	9.9	**9:12**	9.2	**2:20**	1.7	**2:55**	0.8	5:37	5:50	
22	Thu	**9:23**	10.0	**9:53**	9.5	**3:06**	1.4	**3:36**	0.6	5:35	5:51	
23	Fri	**10:04**	10.2	**10:29**	9.7	**3:47**	1.1	**4:14**	0.5	5:33	5:52	
24	Sat	**10:40**	10.2	**11:01**	9.9	**4:25**	0.9	**4:48**	0.4	5:31	5:53	
25	Sun	**11:13**	10.2	**11:30**	10.1	**5:01**	0.6	**5:22**	0.4	5:29	5:54	
26	Mon	**11:45**	10.2	**11:59**	10.2	**5:37**	0.4	**5:55**	0.5	5:27	5:56	
27	Tue			**12:19**	10.1	**6:14**	0.3	**6:30**	0.6	5:26	5:57	
28	Wed	**12:33**	10.4	**12:58**	10.0	**6:53**	0.2	**7:07**	0.7	5:24	5:58	
29	Thu	**1:11**	10.5	**1:42**	9.8	**7:36**	0.1	**7:50**	0.9	5:22	5:59	
30	Fri	**1:56**	10.5	**2:31**	9.6	**8:25**	0.1	**8:38**	1.1	5:20	6:01	
31	Sat	**2:46**	10.5	**3:28**	9.4	**9:19**	0.2	**9:34**	1.3	5:18	6:02	