US HARBORS www.USHarbors.com

Rockland, ME - Jul 2003

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	12:21	10.4	1:06	9.1	6:53	0.1	6:52	1.5	4:56	8:23	
2	Wed	12:58	10.5	1:43	9.2	7:33	0.1	7:34	1.5	4:57	8:23	
3	Thu	1:39	10.6	2:23	9.3	8:14	0.0	8:19	1.4	4:58	8:23	
4	Fri	2:23	10.6	3:07	9.5	8:57	0.0	9:08	1.2	4:58	8:22	
5	Sat	3:12	10.5	3:55	9.8	9:43	0.0	10:01	1.0	4:59	8:22	
6	Sun	4:05	10.3	4:47	10.1	10:33	0.0	11:00	0.8	4:59	8:22	
7	Mon	5:03	10.2	5:43	10.4	11:26	0.1			5:00	8:21	
8	Tue	6:07	10.0	6:41	10.8	12:01	0.5	12:22	0.2	5:01	8:21	
9	Wed	7:14	9.9	7:41	11.2	1:05	0.1	1:21	0.3	5:02	8:21	
10	Thu	8:22	9.9	8:41	11.6	2:08	-0.3	2:20	0.3	5:02	8:20	
11	Fri	9:26	10.1	9:40	11.9	3:10	-0.8	3:19	0.3	5:03	8:20	
12	Sat	10:26	10.2	10:36	12.1	4:08	-1.1	4:16	0.2	5:04	8:19	
13	Sun	11:22	10.3	11:31	12.1	5:05	-1.3	5:12	0.2	5:05	8:18	
14	Mon			12:16	10.4	5:58	-1.4	6:05	0.2	5:06	8:18	
15	Tue	12:23	12.0	1:07	10.3	6:49	-1.3	6:57	0.3	5:07	8:17	
16	Wed	1:14	11.8	1:57	10.2	7:39	-1.0	7:48	0.5	5:07	8:16	
17	Thu	2:04	11.3	2:46	10.1	8:27	-0.7	8:39	0.7	5:08	8:16	
18	Fri	2:54	10.8	3:34	9.9	9:14	-0.2	9:30	1.0	5:09	8:15	
19	Sat	3:44	10.2	4:23	9.7	10:00	0.3	10:21	1.3	5:10	8:14	
20	Sun	4:35	9.7	5:11	9.5	10:47	0.8	11:15	1.4	5:11	8:13	
21	Mon	5:28	9.2	6:00	9.4	11:35	1.2			5:12	8:12	
22	Tue	6:24	8.8	6:50	9.4	12:10	1.5	12:24	1.6	5:13	8:12	
23	Wed	7:21	8.6	7:41	9.5	1:05	1.5	1:15	1.8	5:14	8:11	
24	Thu	8:17	8.5	8:30	9.6	2:00	1.4	2:06	1.9	5:15	8:10	
25	Fri	9:09	8.5	9:16	9.8	2:51	1.1	2:55	1.9	5:16	8:09	
26	Sat	9:58	8.7	10:00	10.0	3:40	0.9	3:41	1.8	5:17	8:08	
27	Sun	10:42	8.8	10:41	10.3	4:25	0.6	4:25	1.7	5:18	8:07	
28	Mon	11:23	9.0	11:20	10.5	5:08	0.3	5:07	1.5	5:19	8:06	
29	Tue			12:02	9.2	5:48	0.1	5:48	1.2	5:20	8:04	
30	Wed			12:39	9.5	6:28	-0.1	6:30	1.0	5:21	8:03	
31	Thu	12:38	10.9	1:17	9.8	7:07	-0.3	7:13	0.7	5:23	8:02	