US HARBORS www.USHarbors.com

Rockland, ME - Aug 2003

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	1:20	11.0	1:57	10.1	7:48	-0.4	7:59	0.5	5:24	8:01	
2	Sat	2:05	11.0	2:41	10.3	8:31	-0.4	8:49	0.4	5:25	8:00	
3	Sun	2:54	10.8	3:28	10.5	9:17	-0.3	9:42	0.3	5:26	7:58	
4	Mon	3:48	10.5	4:20	10.7	10:07	-0.1	10:41	0.2	5:27	7:57	
5	Tue	4:47	10.1	5:17	10.8	11:01	0.2	11:43	0.1	5:28	7:56	
6	Wed	5:53	9.8	6:20	11.0			12:00	0.5	5:29	7:54	
7	Thu	7:04	9.6	7:25	11.1	12:49	-0.1	1:02	0.7	5:30	7:53	
8	Fri	8:13	9.6	8:30	11.3	1:55	-0.3	2:06	0.7	5:31	7:52	
9	Sat	9:18	9.8	9:31	11.5	2:59	-0.5	3:08	0.6	5:33	7:50	
10	Sun	10:16	10.0	10:28	11.7	3:58	-0.8	4:07	0.5	5:34	7:49	
11	Mon	11:10	10.2	11:21	11.7	4:53	-0.9	5:02	0.3	5:35	7:47	
12	Tue			12:00	10.3	5:44	-1.0	5:53	0.3	5:36	7:46	
13	Wed	12:11	11.6	12:47	10.3	6:31	-0.8	6:41	0.3	5:37	7:45	
14	Thu	12:58	11.4	1:32	10.2	7:16	-0.6	7:27	0.4	5:38	7:43	
15	Fri	1:42	10.9	2:14	10.1	7:58	-0.2	8:11	0.6	5:39	7:41	
16	Sat	2:25	10.4	2:55	9.9	8:38	0.2	8:56	0.9	5:40	7:40	
17	Sun	3:08	9.9	3:35	9.7	9:19	0.7	9:41	1.1	5:42	7:38	
18	Mon	3:53	9.4	4:17	9.5	10:00	1.2	10:30	1.4	5:43	7:37	
19	Tue	4:42	8.9	5:02	9.3	10:45	1.6	11:22	1.5	5:44	7:35	
20	Wed	5:36	8.5	5:53	9.2	11:34	2.0			5:45	7:34	
21	Thu	6:35	8.3	6:48	9.2	12:18	1.6	12:27	2.2	5:46	7:32	
22	Fri	7:36	8.2	7:44	9.3	1:15	1.5	1:23	2.3	5:47	7:30	
23	Sat	8:32	8.4	8:37	9.6	2:11	1.3	2:17	2.1	5:49	7:29	
24	Sun	9:23	8.6	9:26	10.0	3:04	1.0	3:08	1.9	5:50	7:27	
25	Mon	10:09	8.9	10:11	10.4	3:52	0.6	3:55	1.5	5:51	7:25	
26	Tue	10:50	9.3	10:53	10.8	4:36	0.2	4:40	1.1	5:52	7:24	
27	Wed	11:29	9.8	11:34	11.1	5:17	-0.1	5:23	0.6	5:53	7:22	
28	Thu			12:07	10.2	5:58	-0.5	6:07	0.2	5:54	7:20	
29	Fri	12:17	11.3	12:47	10.6	6:38	-0.7	6:52	-0.2	5:55	7:18	
30	Sat	1:01	11.4	1:29	10.9	7:20	-0.7	7:39	-0.4	5:57	7:17	
31	Sun	1:48	11.3	2:14	11.2	8:04	-0.6	8:30	-0.5	5:58	7:15	