US HARBORS www.USHarbors.com

Rockland, ME - Nov 2003

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	**4:24**	9.7	**4:37**	10.7	**10:17**	1.1	**11:05**	-0.2	6:12	4:27	
2	Sun	**5:30**	9.7	**5:46**	10.5	**11:27**	1.2			6:14	4:25	
3	Mon	**6:32**	9.8	**6:50**	10.3	**12:09**	0.0	**12:33**	1.1	6:15	4:24	
4	Tue	**7:29**	10.0	**7:48**	10.3	**1:08**	0.1	**1:34**	0.9	6:16	4:23	
5	Wed	**8:19**	10.3	**8:40**	10.2	**2:01**	0.2	**2:27**	0.6	6:18	4:21	
6	Thu	**9:05**	10.4	**9:28**	10.1	**2:48**	0.3	**3:15**	0.4	6:19	4:20	
7	Fri	**9:47**	10.5	**10:11**	9.9	**3:31**	0.5	**3:58**	0.3	6:20	4:19	
8	Sat	**10:25**	10.5	**10:52**	9.7	**4:09**	0.8	**4:37**	0.2	6:22	4:18	
9	Sun	**10:59**	10.4	**11:30**	9.5	**4:45**	1.0	**5:14**	0.3	6:23	4:17	
10	Mon	**11:30**	10.2			**5:19**	1.3	**5:49**	0.3	6:24	4:15	
11	Tue	**12:05**	9.2	**11:59 AM**	10.1	**5:52**	1.6	**6:25**	0.5	6:26	4:14	
12	Wed	**12:39**	9.0	**12:30**	9.9	**6:27**	1.8	**7:03**	0.6	6:27	4:13	
13	Thu	**1:14**	8.8	**1:07**	9.8	**7:05**	2.0	**7:43**	0.8	6:28	4:12	
14	Fri	**1:53**	8.6	**1:49**	9.6	**7:46**	2.2	**8:28**	0.9	6:30	4:11	
15	Sat	**2:37**	8.5	**2:36**	9.5	**8:33**	2.3	**9:17**	1.0	6:31	4:10	
16	Sun	**3:28**	8.5	**3:29**	9.4	**9:26**	2.4	**10:10**	1.0	6:32	4:09	
17	Mon	**4:24**	8.6	**4:28**	9.4	**10:25**	2.2	**11:04**	0.9	6:34	4:08	
18	Tue	**5:21**	9.0	**5:29**	9.6	**11:26**	1.8	**11:59**	0.7	6:35	4:07	
19	Wed	**6:17**	9.5	**6:31**	9.9			**12:25**	1.2	6:36	4:06	
20	Thu	**7:09**	10.2	**7:31**	10.2	**12:53**	0.4	**1:23**	0.5	6:37	4:06	
21	Fri	**8:00**	10.9	**8:28**	10.6	**1:44**	0.0	**2:18**	-0.3	6:39	4:05	
22	Sat	**8:49**	11.6	**9:23**	10.9	**2:35**	-0.3	**3:11**	-1.0	6:40	4:04	
23	Sun	**9:38**	12.2	**10:16**	11.0	**3:25**	-0.4	**4:03**	-1.6	6:41	4:03	
24	Mon	**10:28**	12.6	**11:10**	11.1	**4:15**	-0.5	**4:56**	-2.0	6:42	4:03	
25	Tue	**11:19**	12.7			**5:06**	-0.5	**5:49**	-2.1	6:44	4:02	
26	Wed	**12:05**	10.9	**12:12**	12.6	**5:58**	-0.3	**6:43**	-1.9	6:45	4:02	
27	Thu	**1:01**	10.7	**1:07**	12.2	**6:53**	0.0	**7:39**	-1.5	6:46	4:01	
28	Fri	**1:59**	10.4	**2:07**	11.7	**7:51**	0.4	**8:37**	-1.0	6:47	4:00	
29	Sat	**3:00**	10.1	**3:10**	11.1	**8:52**	0.8	**9:38**	-0.6	6:48	4:00	
30	Sun	**4:03**	9.9	**4:15**	10.6	**9:57**	1.0	**10:38**	-0.1	6:50	4:00	