








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	