US HARBORS www.USHarbors.com

Rockland, ME - Jan 2004

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	6:17	9.9	6:44	9.0			12:30	1.2	7:11	4:08	
2	Fri	7:07	9.9	7:39	8.9	12:43	1.4	1:25	1.1	7:11	4:09	
3	Sat	7:55	10.0	8:30	8.8	1:32	1.6	2:16	0.9	7:11	4:10	
4	Sun	8:40	10.1	9:17	8.8	2:19	1.7	3:02	0.7	7:11	4:10	
5	Mon	9:23	10.2	10:01	8.9	3:03	1.7	3:45	0.5	7:11	4:11	
6	Tue	10:02	10.2	10:42	8.9	3:45	1.7	4:26	0.4	7:11	4:12	
7	Wed	10:38	10.3	11:20	9.0	4:23	1.7	5:04	0.3	7:11	4:13	
8	Thu	11:12	10.4	11:54	9.0	5:01	1.6	5:41	0.2	7:10	4:15	
9	Fri	11:46	10.4			5:38	1.6	6:17	0.2	7:10	4:16	
10	Sat	12:28	9.1	12:22	10.5	6:16	1.5	6:54	0.1	7:10	4:17	
11	Sun	1:02	9.2	1:01	10.4	6:57	1.4	7:33	0.1	7:10	4:18	
12	Mon	1:41	9.4	1:45	10.3	7:41	1.3	8:14	0.2	7:09	4:19	
13	Tue	2:23	9.6	2:33	10.2	8:30	1.2	8:59	0.3	7:09	4:20	
14	Wed	3:11	9.9	3:27	9.9	9:24	1.0	9:49	0.5	7:08	4:21	
15	Thu	4:03	10.1	4:27	9.7	10:23	0.8	10:43	0.6	7:08	4:23	
16	Fri	4:59	10.4	5:33	9.5	11:26	0.5	11:42	0.7	7:07	4:24	
17	Sat	6:00	10.8	6:43	9.5			12:32	0.1	7:07	4:25	
18	Sun	7:03	11.1	7:52	9.7	12:44	0.7	1:36	-0.4	7:06	4:26	
19	Mon	8:06	11.6	8:55	9.9	1:45	0.6	2:38	-0.8	7:05	4:28	
20	Tue	9:06	11.9	9:54	10.2	2:46	0.4	3:36	-1.2	7:05	4:29	
21	Wed	10:03	12.2	10:49	10.5	3:44	0.2	4:31	-1.5	7:04	4:30	
22	Thu	10:57	12.3	11:41	10.6	4:39	0.0	5:24	-1.6	7:03	4:31	
23	Fri	11:50	12.2			5:32	-0.1	6:14	-1.4	7:03	4:33	
24	Sat	12:31	10.6	12:41	11.8	6:24	0.0	7:02	-1.1	7:02	4:34	
25	Sun	1:20	10.6	1:31	11.3	7:15	0.2	7:49	-0.7	7:01	4:35	
26	Mon	2:08	10.4	2:21	10.7	8:07	0.4	8:36	-0.1	7:00	4:37	
27	Tue	2:56	10.2	3:13	10.0	8:59	0.8	9:23	0.5	6:59	4:38	
28	Wed	3:46	9.9	4:07	9.4	9:53	1.1	10:12	1.1	6:58	4:40	
29	Thu	4:36	9.7	5:04	8.9	10:49	1.3	11:02	1.6	6:57	4:41	
30	Fri	5:28	9.5	6:03	8.5	11:46	1.4	11:56	1.9	6:56	4:42	
31	Sat	6:22	9.5	7:01	8.4			12:43	1.4	6:55	4:44	