
































Rockland, ME - Mar 2004

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|------|-------|------|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Mon | 6:29 | 9.2 | 7:18 | 8.2 | 12:05 | 2.4 | 12:56 | 1.5 | 6:12 | 5:25 |  |
| 2 | Tue | 7:25 | 9.4 | 8:11 | 8.4 | 1:03 | 2.3 | 1:51 | 1.2 | 6:10 | 5:26 |  |
| 3 | Wed | 8:16 | 9.7 | 8:58 | 8.8 | 1:56 | 2.1 | 2:40 | 0.9 | 6:08 | 5:27 |  |
| 4 | Thu | 9:02 | 10.1 | 9:39 | 9.1 | 2:44 | 1.7 | 3:24 | 0.6 | 6:07 | 5:28 |  |
| 5 | Fri | 9:43 | 10.4 | 10:17 | 9.5 | 3:28 | 1.3 | 4:03 | 0.2 | 6:05 | 5:30 |  |
| 6 | Sat | 10:22 | 10.7 | 10:52 | 10.0 | 4:10 | 0.9 | 4:41 | -0.1 | 6:03 | 5:31 |  |
| 7 | Sun | 11:00 | 10.9 | 11:27 | 10.4 | 4:50 | 0.4 | 5:19 | -0.3 | 6:01 | 5:32 |  |
| 8 | Mon | 11:40 | 11.0 | | | 5:32 | 0.0 | 5:57 | -0.4 | 6:00 | 5:34 |  |
| 9 | Tue | 12:04 | 10.8 | 12:23 | 11.0 | 6:15 | -0.3 | 6:37 | -0.3 | 5:58 | 5:35 |  |
| 10 | Wed | 12:44 | 11.0 | 1:09 | 10.8 | 7:01 | -0.5 | 7:20 | -0.1 | 5:56 | 5:36 |  |
| 11 | Thu | 1:28 | 11.2 | 1:59 | 10.4 | 7:51 | -0.5 | 8:08 | 0.2 | 5:54 | 5:37 |  |
| 12 | Fri | 2:18 | 11.1 | 2:55 | 10.0 | 8:46 | -0.4 | 9:01 | 0.6 | 5:52 | 5:39 |  |
| 13 | Sat | 3:14 | 11.0 | 4:00 | 9.6 | 9:47 | -0.2 | 10:02 | 1.0 | 5:51 | 5:40 |  |
| 14 | Sun | 4:17 | 10.8 | 5:13 | 9.3 | 10:54 | 0.0 | 11:09 | 1.2 | 5:49 | 5:41 |  |
| 15 | Mon | 5:29 | 10.7 | 6:28 | 9.3 | | | 12:05 | 0.0 | 5:47 | 5:42 |  |
| 16 | Tue | 6:43 | 10.8 | 7:35 | 9.6 | 12:20 | 1.2 | 1:13 | -0.1 | 5:45 | 5:44 |  |
| 17 | Wed | 7:50 | 11.0 | 8:34 | 10.0 | 1:28 | 1.0 | 2:15 | -0.4 | 5:43 | 5:45 |  |
| 18 | Thu | 8:50 | 11.2 | 9:28 | 10.3 | 2:30 | 0.6 | 3:11 | -0.6 | 5:42 | 5:46 |  |
| 19 | Fri | 9:44 | 11.3 | 10:16 | 10.6 | 3:26 | 0.2 | 4:00 | -0.7 | 5:40 | 5:47 |  |
| 20 | Sat | 10:33 | 11.3 | 11:01 | 10.8 | 4:17 | 0.0 | 4:46 | -0.6 | 5:38 | 5:49 |  |
| 21 | Sun | 11:19 | 11.1 | 11:42 | 10.8 | 5:03 | -0.2 | 5:27 | -0.3 | 5:36 | 5:50 |  |
| 22 | Mon | | | 12:02 | 10.7 | 5:47 | -0.2 | 6:06 | 0.0 | 5:34 | 5:51 |  |
| 23 | Tue | 12:21 | 10.7 | 12:43 | 10.3 | 6:28 | 0.0 | 6:44 | 0.5 | 5:32 | 5:52 |  |
| 24 | Wed | 12:57 | 10.4 | 1:23 | 9.8 | 7:08 | 0.2 | 7:21 | 1.0 | 5:31 | 5:54 |  |
| 25 | Thu | 1:32 | 10.1 | 2:03 | 9.3 | 7:49 | 0.5 | 8:00 | 1.5 | 5:29 | 5:55 |  |
| 26 | Fri | 2:08 | 9.8 | 2:46 | 8.8 | 8:33 | 0.9 | 8:42 | 1.9 | 5:27 | 5:56 |  |
| 27 | Sat | 2:49 | 9.5 | 3:35 | 8.4 | 9:20 | 1.2 | 9:29 | 2.3 | 5:25 | 5:57 |  |
| 28 | Sun | 3:37 | 9.2 | 4:32 | 8.2 | 10:13 | 1.4 | 10:22 | 2.5 | 5:23 | 5:58 |  |
| 29 | Mon | 4:34 | 9.0 | 5:34 | 8.1 | 11:11 | 1.6 | 11:21 | 2.5 | 5:21 | 6:00 |  |
| 30 | Tue | 5:36 | 9.0 | 6:35 | 8.2 | | | 12:11 | 1.5 | 5:20 | 6:01 |  |
| 31 | Wed | 6:38 | 9.2 | 7:28 | 8.5 | 12:21 | 2.4 | 1:06 | 1.3 | 5:18 | 6:02 |  |