US HARBORS www.USHarbors.com

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	