

































## Rockland, ME - Jul 2004

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	10:31	10.2	10:40	12.2	4:17	-1.2	4:24	0.2	4:57	8:23	
2	Fri	11:29	10.4	11:36	12.5	5:13	-1.5	5:20	0.0	4:57	8:23	
3	Sat			12:25	10.6	6:08	-1.8	6:16	-0.1	4:58	8:22	
4	Sun	12:32	12.5	1:20	10.6	7:02	-1.8	7:11	-0.1	4:59	8:22	
5	Mon	1:28	12.3	2:15	10.7	7:56	-1.6	8:08	0.0	4:59	8:22	
6	Tue	2:24	11.9	3:10	10.6	8:50	-1.3	9:06	0.2	5:00	8:22	
7	Wed	3:22	11.4	4:05	10.5	9:43	-0.8	10:05	0.4	5:01	8:21	
8	Thu	4:20	10.8	5:01	10.4	10:37	-0.3	11:05	0.7	5:01	8:21	
9	Fri	5:20	10.2	5:56	10.3	11:31	0.2			5:02	8:20	
10	Sat	6:20	9.6	6:51	10.2	12:06	0.8	12:25	0.7	5:03	8:20	
11	Sun	7:20	9.2	7:44	10.1	1:06	0.9	1:19	1.2	5:04	8:19	
12	Mon	8:17	9.0	8:35	10.1	2:03	0.9	2:12	1.5	5:05	8:19	
13	Tue	9:11	8.9	9:23	10.1	2:56	0.8	3:02	1.7	5:05	8:18	
14	Wed	10:01	8.8	10:08	10.1	3:46	0.7	3:48	1.7	5:06	8:17	
15	Thu	10:47	8.8	10:50	10.2	4:32	0.6	4:32	1.8	5:07	8:17	
16	Fri	11:30	8.9	11:29	10.2	5:14	0.5	5:12	1.7	5:08	8:16	
17	Sat			12:10	8.9	5:53	0.4	5:51	1.7	5:09	8:15	
18	Sun	12:05	10.3	12:46	8.9	6:30	0.4	6:28	1.6	5:10	8:14	
19	Mon	12:39	10.3	1:19	9.0	7:06	0.4	7:06	1.6	5:11	8:14	
20	Tue	1:12	10.3	1:52	9.1	7:42	0.3	7:44	1.5	5:12	8:13	
21	Wed	1:48	10.2	2:26	9.3	8:18	0.4	8:25	1.4	5:13	8:12	
22	Thu	2:28	10.1	3:04	9.5	8:56	0.4	9:10	1.3	5:14	8:11	
23	Fri	3:13	10.0	3:47	9.7	9:37	0.5	10:00	1.1	5:15	8:10	
24	Sat	4:02	9.8	4:34	10.0	10:23	0.6	10:54	0.9	5:16	8:09	
25	Sun	4:57	9.6	5:27	10.3	11:13	0.8	11:53	0.7	5:17	8:08	
26	Mon	5:57	9.4	6:24	10.6			12:08	0.9	5:18	8:07	
27	Tue	7:04	9.4	7:25	10.9	12:56	0.3	1:08	0.9	5:19	8:06	
28	Wed	8:12	9.5	8:28	11.3	2:00	-0.1	2:10	0.8	5:20	8:05	
29	Thu	9:19	9.7	9:30	11.7	3:03	-0.6	3:11	0.6	5:21	8:04	
30	Fri	10:20	10.1	10:30	12.1	4:03	-1.0	4:11	0.3	5:22	8:02	
31	Sat	11:17	10.4	11:27	12.3	5:00	-1.4	5:08	0.0	5:23	8:01	