US HARBORS www.USHarbors.com

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	