US HARBORS www.USHarbors.com

Rockland, ME - Aug 2004

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun			12:11	10.7	5:54	-1.6	6:03	-0.2	5:24	8:00	
2	Mon	12:21	12.3	1:03	10.8	6:46	-1.6	6:57	-0.3	5:26	7:59	
3	Tue	1:14	12.1	1:53	10.9	7:36	-1.4	7:51	-0.2	5:27	7:57	
4	Wed	2:07	11.7	2:43	10.8	8:25	-1.0	8:44	0.0	5:28	7:56	
5	Thu	2:59	11.1	3:33	10.6	9:13	-0.4	9:37	0.3	5:29	7:55	
6	Fri	3:52	10.4	4:23	10.3	10:02	0.2	10:32	0.6	5:30	7:53	
7	Sat	4:48	9.7	5:15	10.1	10:52	0.8	11:29	0.9	5:31	7:52	
8	Sun	5:46	9.2	6:09	9.8	11:44	1.3			5:32	7:51	
9	Mon	6:45	8.8	7:04	9.7	12:28	1.1	12:39	1.7	5:33	7:49	
10	Tue	7:44	8.6	7:58	9.6	1:26	1.2	1:34	2.0	5:35	7:48	
11	Wed	8:40	8.5	8:50	9.7	2:22	1.1	2:28	2.0	5:36	7:46	
12	Thu	9:31	8.6	9:39	9.9	3:14	1.0	3:18	2.0	5:37	7:45	
13	Fri	10:18	8.7	10:23	10.1	4:02	0.8	4:04	1.8	5:38	7:43	
14	Sat	11:01	8.9	11:03	10.2	4:45	0.6	4:46	1.6	5:39	7:42	
15	Sun	11:39	9.1	11:40	10.4	5:24	0.4	5:25	1.4	5:40	7:40	
16	Mon			12:14	9.3	6:01	0.3	6:03	1.2	5:41	7:39	
17	Tue	12:14	10.5	12:46	9.5	6:36	0.2	6:40	1.0	5:43	7:37	
18	Wed	12:48	10.5	1:17	9.7	7:10	0.1	7:19	0.8	5:44	7:36	
19	Thu	1:24	10.5	1:52	10.0	7:46	0.2	8:00	0.6	5:45	7:34	
20	Fri	2:05	10.4	2:30	10.2	8:24	0.3	8:45	0.5	5:46	7:32	
21	Sat	2:49	10.1	3:14	10.4	9:05	0.4	9:35	0.4	5:47	7:31	
22	Sun	3:40	9.9	4:03	10.5	9:52	0.7	10:30	0.4	5:48	7:29	
23	Mon	4:36	9.5	4:59	10.5	10:46	0.9	11:32	0.3	5:49	7:27	
24	Tue	5:40	9.3	6:01	10.6	11:45	1.1			5:51	7:26	
25	Wed	6:52	9.2	7:09	10.8	12:39	0.2	12:51	1.1	5:52	7:24	
26	Thu	8:05	9.4	8:19	11.1	1:46	-0.1	1:58	1.0	5:53	7:22	
27	Fri	9:10	9.7	9:23	11.5	2:51	-0.5	3:02	0.6	5:54	7:21	
28	Sat	10:09	10.2	10:23	11.8	3:51	-0.8	4:02	0.2	5:55	7:19	
29	Sun	11:03	10.6	11:17	12.0	4:46	-1.1	4:58	-0.2	5:56	7:17	
30	Mon	11:53	10.9			5:37	-1.2	5:51	-0.4	5:57	7:15	
31	Tue	12:09	11.9	12:41	11.0	6:25	-1.2	6:41	-0.5	5:59	7:14	