US HARBORS www.USHarbors.com

Rockland, ME - Nov 2004

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	1:24	9.1	1:17	9.9	7:10	1.8	7:48	0.6	6:13	4:26	
2	Tue	2:06	8.7	1:58	9.6	7:52	2.1	8:33	1.0	6:15	4:24	
3	Wed	2:52	8.4	2:44	9.3	8:39	2.4	9:23	1.2	6:16	4:23	
4	Thu	3:44	8.3	3:37	9.1	9:31	2.6	10:16	1.4	6:17	4:22	
5	Fri	4:40	8.2	4:36	9.0	10:28	2.6	11:11	1.4	6:19	4:20	
6	Sat	5:36	8.4	5:36	9.1	11:27	2.4			6:20	4:19	
7	Sun	6:28	8.8	6:33	9.2	12:04	1.3	12:24	2.0	6:21	4:18	
8	Mon	7:14	9.2	7:26	9.5	12:53	1.1	1:16	1.5	6:23	4:17	
9	Tue	7:56	9.8	8:15	9.8	1:39	0.8	2:05	0.8	6:24	4:16	
10	Wed	8:37	10.4	9:01	10.1	2:23	0.5	2:52	0.2	6:25	4:15	
11	Thu	9:17	11.0	9:47	10.4	3:06	0.3	3:38	-0.5	6:27	4:13	
12	Fri	9:58	11.5	10:34	10.5	3:49	0.1	4:24	-1.0	6:28	4:12	
13	Sat	10:42	11.9	11:22	10.6	4:33	0.1	5:11	-1.3	6:29	4:11	
14	Sun	11:29	12.1			5:20	0.1	6:01	-1.5	6:31	4:10	
15	Mon	12:13	10.5	12:19	12.1	6:09	0.2	6:54	-1.4	6:32	4:09	
16	Tue	1:07	10.3	1:14	11.9	7:03	0.4	7:50	-1.2	6:33	4:08	
17	Wed	2:06	10.1	2:14	11.5	8:01	0.6	8:50	-0.9	6:34	4:08	
18	Thu	3:10	9.9	3:20	11.1	9:04	0.9	9:53	-0.6	6:36	4:07	
19	Fri	4:17	9.9	4:30	10.7	10:13	1.0	10:57	-0.3	6:37	4:06	
20	Sat	5:23	10.0	5:40	10.5	11:23	0.9	11:59	-0.1	6:38	4:05	
21	Sun	6:25	10.3	6:45	10.4			12:30	0.7	6:40	4:04	
22	Mon	7:21	10.6	7:45	10.3	12:58	0.0	1:31	0.4	6:41	4:04	
23	Tue	8:13	10.8	8:40	10.2	1:52	0.2	2:27	0.1	6:42	4:03	
24	Wed	9:01	11.0	9:31	10.0	2:42	0.3	3:17	-0.1	6:43	4:02	
25	Thu	9:45	11.0	10:18	9.8	3:28	0.6	4:03	-0.2	6:45	4:02	
26	Fri	10:26	10.9	11:01	9.6	4:10	0.9	4:46	-0.2	6:46	4:01	
27	Sat	11:04	10.7	11:43	9.4	4:49	1.2	5:25	0.0	6:47	4:01	
28	Sun	11:40	10.4			5:27	1.4	6:04	0.2	6:48	4:00	
29	Mon	12:22	9.1	12:14	10.2	6:04	1.7	6:42	0.4	6:49	4:00	
30	Tue	1:00	8.9	12:48	10.0	6:42	1.9	7:21	0.6	6:50	3:59	