US HARBORS www.USHarbors.com

Rockland, ME - Jan 2005

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	2:18	8.9	2:18	9.6	8:17	1.9	8:49	0.9	7:11	4:08	
2	Sun	2:59	9.0	3:05	9.4	9:04	1.8	9:32	1.0	7:11	4:09	
3	Mon	3:44	9.2	3:57	9.2	9:57	1.7	10:20	1.1	7:11	4:10	
4	Tue	4:33	9.5	4:55	9.1	10:54	1.4	11:11	1.2	7:11	4:11	
5	Wed	5:25	9.8	5:57	9.0	11:53	1.0			7:11	4:12	
6	Thu	6:21	10.3	7:01	9.2	12:06	1.2	12:54	0.5	7:11	4:13	
7	Fri	7:18	10.8	8:05	9.4	1:03	1.1	1:53	-0.1	7:10	4:14	
8	Sat	8:16	11.4	9:05	9.8	2:00	0.9	2:51	-0.7	7:10	4:15	
9	Sun	9:13	11.9	10:02	10.2	2:57	0.5	3:47	-1.2	7:10	4:16	
10	Mon	10:09	12.3	10:57	10.5	3:53	0.2	4:41	-1.6	7:10	4:18	
11	Tue	11:04	12.5	11:50	10.8	4:48	-0.1	5:34	-1.8	7:09	4:19	
12	Wed	11:59	12.6			5:43	-0.3	6:27	-1.8	7:09	4:20	
13	Thu	12:43	10.9	12:54	12.3	6:38	-0.3	7:19	-1.6	7:08	4:21	
14	Fri	1:37	11.0	1:49	11.8	7:34	-0.3	8:11	-1.2	7:08	4:22	
15	Sat	2:31	10.9	2:47	11.2	8:32	-0.1	9:03	-0.7	7:07	4:24	
16	Sun	3:26	10.8	3:46	10.5	9:32	0.2	9:57	0.0	7:07	4:25	
17	Mon	4:22	10.6	4:48	9.8	10:33	0.5	10:53	0.6	7:06	4:26	
18	Tue	5:19	10.4	5:51	9.3	11:36	0.6	11:50	1.1	7:06	4:27	
19	Wed	6:16	10.3	6:52	9.0			12:37	0.7	7:05	4:29	
20	Thu	7:11	10.2	7:50	8.8	12:47	1.4	1:35	0.7	7:04	4:30	
21	Fri	8:04	10.2	8:43	8.8	1:41	1.7	2:29	0.7	7:04	4:31	
22	Sat	8:53	10.2	9:32	8.8	2:32	1.7	3:18	0.6	7:03	4:32	
23	Sun	9:38	10.2	10:16	8.9	3:19	1.7	4:02	0.5	7:02	4:34	
24	Mon	10:19	10.3	10:57	9.0	4:01	1.7	4:42	0.4	7:01	4:35	
25	Tue	10:57	10.3	11:34	9.0	4:40	1.6	5:19	0.4	7:00	4:37	
26	Wed	11:30	10.3			5:17	1.5	5:53	0.4	6:59	4:38	
27	Thu	12:07	9.1	12:02	10.3	5:53	1.5	6:27	0.4	6:58	4:39	
28	Fri	12:37	9.2	12:34	10.2	6:29	1.4	7:00	0.5	6:57	4:41	
29	Sat	1:07	9.3	1:10	10.0	7:07	1.3	7:34	0.6	6:56	4:42	
30	Sun	1:40	9.4	1:50	9.8	7:47	1.3	8:11	0.7	6:55	4:43	
31	Mon	2:19	9.6	2:35	9.6	8:32	1.2	8:53	0.9	6:54	4:45	