US HARBORS www.USHarbors.com

Rockland, ME - Aug 2006

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	4:06	8.9	4:32	9.2	10:22	1.5	10:54	1.6	5:24	8:01	
2	Wed	4:55	8.6	5:18	9.3	11:07	1.8	11:47	1.6	5:25	7:59	
3	Thu	5:50	8.4	6:09	9.4	11:57	2.0			5:26	7:58	
4	Fri	6:51	8.3	7:05	9.6	12:45	1.5	12:51	2.1	5:27	7:57	
5	Sat	7:54	8.4	8:02	10.0	1:43	1.2	1:47	1.9	5:28	7:55	
6	Sun	8:54	8.7	8:59	10.5	2:41	0.7	2:43	1.6	5:29	7:54	
7	Mon	9:48	9.1	9:53	11.0	3:35	0.2	3:38	1.2	5:31	7:53	
8	Tue	10:40	9.6	10:45	11.5	4:27	-0.4	4:31	0.7	5:32	7:51	
9	Wed	11:28	10.1	11:37	11.9	5:16	-0.9	5:22	0.2	5:33	7:50	
10	Thu			12:16	10.7	6:04	-1.2	6:14	-0.3	5:34	7:49	
11	Fri	12:27	12.1	1:04	11.1	6:51	-1.4	7:06	-0.6	5:35	7:47	
12	Sat	1:19	12.1	1:53	11.4	7:39	-1.4	8:00	-0.8	5:36	7:46	
13	Sun	2:12	11.8	2:43	11.5	8:28	-1.1	8:55	-0.8	5:37	7:44	
14	Mon	3:08	11.3	3:37	11.5	9:20	-0.7	9:54	-0.6	5:39	7:43	
15	Tue	4:07	10.6	4:34	11.3	10:14	-0.1	10:56	-0.3	5:40	7:41	
16	Wed	5:12	10.0	5:35	11.0	11:12	0.5			5:41	7:40	
17	Thu	6:19	9.5	6:40	10.8	12:01	-0.1	12:14	1.0	5:42	7:38	
18	Fri	7:27	9.3	7:44	10.7	1:07	0.1	1:19	1.3	5:43	7:36	
19	Sat	8:30	9.2	8:44	10.6	2:12	0.2	2:22	1.4	5:44	7:35	
20	Sun	9:27	9.2	9:40	10.6	3:12	0.2	3:20	1.3	5:45	7:33	
21	Mon	10:19	9.3	10:30	10.6	4:05	0.2	4:12	1.3	5:47	7:32	
22	Tue	11:05	9.4	11:15	10.6	4:52	0.1	4:58	1.2	5:48	7:30	
23	Wed	11:47	9.5	11:55	10.5	5:34	0.2	5:39	1.1	5:49	7:28	
24	Thu			12:25	9.5	6:11	0.3	6:17	1.1	5:50	7:27	
25	Fri	12:32	10.3	12:59	9.5	6:45	0.4	6:53	1.1	5:51	7:25	
26	Sat	1:06	10.1	1:29	9.5	7:18	0.6	7:29	1.1	5:52	7:23	
27	Sun	1:37	9.8	1:57	9.5	7:49	0.9	8:05	1.1	5:53	7:21	
28	Mon	2:10	9.5	2:27	9.5	8:22	1.1	8:43	1.2	5:55	7:20	
29	Tue	2:46	9.2	3:02	9.5	8:57	1.4	9:25	1.3	5:56	7:18	
30	Wed	3:28	8.9	3:44	9.4	9:37	1.7	10:13	1.4	5:57	7:16	
31	Thu	4:16	8.6	4:31	9.4	10:22	2.0	11:06	1.4	5:58	7:14	