US HARBORS www.USHarbors.com

Rockland, ME - Mar 2007

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	9:09	10.7	9:45	9.7	2:51	1.1	3:31	0.0	6:13	5:24	
2	Fri	9:57	10.7	10:29	9.8	3:41	0.9	4:16	0.0	6:11	5:25	
3	Sat	10:41	10.7	11:09	9.9	4:26	0.8	4:55	0.1	6:10	5:26	
4	Sun	11:21	10.5	11:45	9.9	5:06	0.7	5:31	0.3	6:08	5:28	
5	Mon	11:57	10.2			5:43	0.7	6:04	0.5	6:06	5:29	
6	Tue	12:17	9.9	12:30	9.9	6:18	0.7	6:36	0.8	6:04	5:30	
7	Wed	12:45	9.8	1:02	9.6	6:54	0.8	7:08	1.1	6:03	5:31	
8	Thu	1:14	9.7	1:36	9.2	7:31	0.9	7:42	1.4	6:01	5:33	
9	Fri	1:47	9.6	2:15	8.9	8:11	1.1	8:20	1.8	5:59	5:34	
10	Sat	2:25	9.5	2:59	8.6	8:55	1.3	9:03	2.1	5:57	5:35	
11	Sun	4:10	9.4	4:51	8.3	10:46	1.4	10:53	2.3	6:55	6:36	
12	Mon	5:03	9.3	5:51	8.1	11:43	1.5	11:51	2.4	6:54	6:38	
13	Tue	6:02	9.4	6:57	8.2			12:45	1.3	6:52	6:39	
14	Wed	7:06	9.6	8:01	8.6	12:53	2.2	1:46	1.0	6:50	6:40	
15	Thu	8:09	10.1	8:58	9.1	1:54	1.8	2:43	0.5	6:48	6:41	
16	Fri	9:07	10.6	9:49	9.8	2:53	1.2	3:35	-0.1	6:46	6:43	
17	Sat	10:01	11.2	10:36	10.6	3:47	0.5	4:23	-0.6	6:45	6:44	
18	Sun	10:53	11.6	11:22	11.3	4:39	-0.3	5:10	-1.0	6:43	6:45	
19	Mon	11:43	11.9			5:30	-0.9	5:56	-1.2	6:41	6:46	
20	Tue	12:08	11.8	12:33	11.9	6:20	-1.4	6:43	-1.2	6:39	6:48	
21	Wed	12:54	12.2	1:25	11.6	7:12	-1.6	7:31	-0.9	6:37	6:49	
22	Thu	1:43	12.2	2:18	11.2	8:05	-1.6	8:21	-0.5	6:36	6:50	
23	Fri	2:34	12.0	3:15	10.6	9:00	-1.3	9:15	0.1	6:34	6:51	
24	Sat	3:30	11.6	4:18	10.0	9:59	-0.8	10:13	0.7	6:32	6:53	
25	Sun	4:32	11.1	5:25	9.5	11:03	-0.3	11:18	1.2	6:30	6:54	
26	Mon	5:41	10.6	6:34	9.2			12:11	0.1	6:28	6:55	
27	Tue	6:50	10.3	7:39	9.2	12:27	1.5	1:18	0.4	6:26	6:56	
28	Wed	7:56	10.2	8:38	9.3	1:35	1.5	2:20	0.4	6:25	6:58	
29	Thu	8:55	10.2	9:31	9.5	2:37	1.4	3:15	0.4	6:23	6:59	
30	Fri	9:47	10.3	10:18	9.8	3:32	1.1	4:03	0.4	6:21	7:00	
31	Sat	10:34	10.2	11:00	9.9	4:20	0.9	4:46	0.5	6:19	7:01	